ONTIME
Electric · Plumbing · Heat & Air
www.ontimegroup.ca
It's Time To Call...
204.774.1474
Duct & Furnace Cleaning
Includes 14 Vents
Regular $229.99
Special Price $144.95
Save $85
Extra vents add $6.95 per vent. AC or High Efficiency Furnaces add $39. Offers expire Oct 31.

MANE EVENT

RARE WILD HORSES ADDED TO ASSINIBOINE PARK ZOO PAGE 4

admission: $6.00 www.thescatteredseeds.com
SCATTERED SEEDS INC.
2012 CHRISTMAS craft SHOW & SALE
Friday OCT 19 Saturday OCT 20 Sunday OCT 21
RED RIVER EXHIBITION PLACE 3977 PORTAGE AVE.
SPONSORED BY:

WINNIPEG metro®
Wednesday, October 17, 2012
News worth sharing.
metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

Lockout talks get a kickstart

NHL proposal. Deal offered to union with goal of Nov. 2 start and a full season

Let the real negotiations begin.

After watching 34 days pass without a new offer being tabled in collective bargaining talks, the NHL delivered a proposal to the union on Tuesday morning that should at least kickstart serious discussions.

It called for a 50-50 split of revenues between owners and players and addressed the union's concern that a reduction from the current level of 57 per cent would result in higher escrow payments, according to commissioner Gary Bettman. The deal was made with an eye on starting a full 82-game regular season on Nov. 2.

"We have about nine or 10 days to get this all put to bed, signed, sealed and delivered, in order for this offer to be effective and for us to move forward," said Bettman.

The NHL Players' Association had received no indication the offer was coming. Donald Fehr, the NHLPA's executive director, acknowledged that the proposal was stronger than the previous ones the union had received, but declined further comment until he had more time to review the document.

However, it appeared as though he had something encouraging to take the union's executive board and negotiating committee during an afternoon conference call.

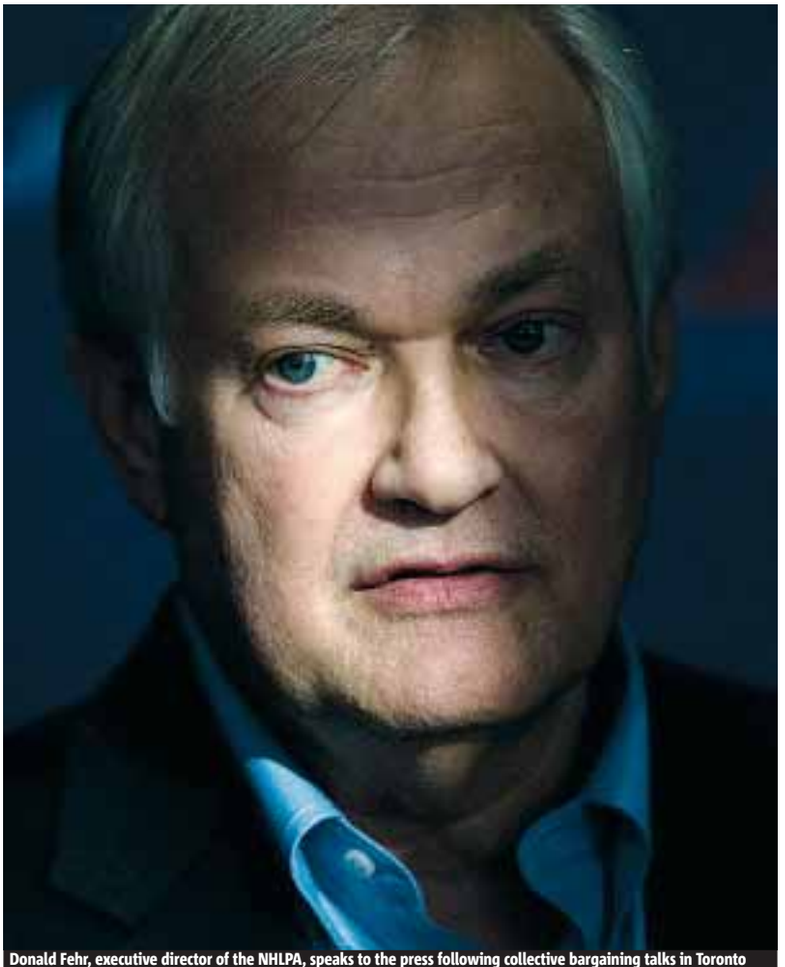
"I would like to believe that it will be an excellent starting point and we can go forward and see if there is a deal to be made," said Fehr.

Neither side had made a formal proposal since Sept. 12, and this one came with a heightened sense of urgency from Bettman. The league estimated that Nov. 2 is the latest it could start an 82-game regular season that would see the Stanley Cup awarded before the end of June.

THE CANADIAN PRESS

Quoted

"If we didn't do it now, if we didn't put an offer on the table that we thought was fair and could get us playing hockey ... then it probably wasn't going to happen for a while. It's done in the spirit of getting a full season in." Commissioner Gary Bettman



Donald Fehr, executive director of the NHLPA, speaks to the press following collective bargaining talks in Toronto on Tuesday. The two sides plan to continue their discussions on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Pharmacy Technician Classes start soon
CALL US TODAY
HERZING COLLEGE
1-866 NEW CAREER 1-866-(639-2273)
723 Portage Avenue, Winnipeg, MB R3G 0M8
CAREER FOCUSED • CONVENIENT • CARING www.herzing.ca

Helping kids be healthy inside and out

Kids Help Phone counsellors like Duane help callers reframe their problems by listening to what kids are — and aren't — saying.

A lifeline for kids

By Rona Maynard

Every time the phone rings on Duane's desk at Kids Help Phone®, he knows a young person needs help. Broken heart, divorcing parents, abusive home ... he's heard it all and more, countless times. Callers share their secrets with Duane because they trust him not to judge them or tell anyone without their permission. Duane talks with every kid as if he has all the time in the world. He says what he likes best about his job is "leaning back in my chair and really listening, and also listening to what kids are not saying."

Kids Help Phone is Canada's only free, confidential, counselling service for youth, available in English and French. Close to 100 full-time, part-time and relief counsellors have a DJ's grasp of the latest pop culture trends, yet every one is professionally trained. They're on call where kids want to find them — on the phone, via email and, more recently, live chat (instant messaging on a computer or smartphone). A child who's not ready to talk can find a wealth of kid-friendly, age-appropriate advice on Kids Help Phone's interactive website. Every page on the site has been vetted by subject-matter experts, plus kids themselves. If they say the language is "lame," it gets changed in a flash. Says president and CEO Sharon Wood, "We are at the pulse of what kids really think."

The heart of Kids Help Phone is counsellors like Duane. With his guidance, kids reframe their problems.

When a teen called about bullying at school, he asked, "Do you think you deserve to be treated with respect?" She didn't think so — until Duane convinced her that she had been made to feel that way by people who didn't know her.

> **"I was feeling sad when I called, and now I feel amazing!"**
> **— Caller, age 12**

Next, he helped her identify supports in her life.

Her parents had told her that the bullying would pass, but a sympathetic aunt could be her advocate with them. She also had several trustworthy classmates, and staying close to them would discourage the bullies.

Growing up is harder than it used to be as the Internet turns high school fads and Hollywood meltdowns into worldwide obsessions. Take fear of fat: more boys suffer from eating disorders now. Or self-injury — celebrities have admitted to it, so kids are starting to think it's cool. The counsellors at Kids Help Phone are hearing more these days about addictions, eating disorders, self-injury and other serious issues that collectively account for more than 30 per cent of all contacts — up from 19 per cent in 2004.

When a young person is danger, Kids Help Phone is ready. Counsellors can use three-way calling to connect them with local police, child welfare or other emergency services. Duane remembers one such conversation with an abused, suicidal teen, who later wrote to tell him, "This will change my life."

Kids Help Phone: The Numbers

FOUNDED: 1989
WEEKLY CONTACTS WITH PHONE COUNSELLORS: 8,000
AGE GROUP SERVED: 5 to 20
COMMUNITIES SERVED: 2,600
DAYS OPEN YEARLY: 365, 24/7
PHONE NUMBER: 1-800-668-6868

Even in the most loving families, there's a place for Kids Help Phone. You might not be around when your child feels anxious or scared.

Says Wood, "Think of each child as having a circle of trusted adults — parents, teachers, coaches. We're part of that circle, and we're there when others aren't available."

Here's how to make the most of Kids Help Phone:

- **Start early.** Teach your child three phone numbers — home, 911, and Kids Help Phone: 1-800-668-6868.
- **Help your child fill out the safety planner** at kidshelpphone.ca. Then print out a handy card for your child's wallet.
- **Bookmark kidshelpphone.ca** and make it your family's go-to resource for emotional issues. Not sure how to start a conversation about what's troubling your child? From the death of a beloved pet to dating violence, you will find everything you need and then some.

Rona Maynard is an author, speaker, mental health advocate and former Editor of Chatelaine.

How RBC® supports Kids Help Phone

When Kids Help Phone introduced live chat as a pilot project in January 2012, young people came flocking. There was just one catch: how would counsellors meet demand? To close the gap, the RBC Children's Mental Health Project, funded by the RBC Foundation, recently announced a $1-million donation. Now Kids Help Phone can ramp up live chat and continue its long tradition of staying in step with young people.

Since 2008, the RBC Children's Mental Health Project has donated more than $16 million to more than 200 organizations across Canada, including Kids Help Phone. You can help us help children. Please visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health. For every completed quiz, we will give $2 to Kids Help Phone†.

† Up to a maximum donation of $70,000.

RBC Children's Mental Health Project

This is a special feature brought to you by the RBC Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

Kids Help Phone. All Rights Reserved. Charitable Reg. # 13090 3541 RR0001. ® ™ Trademark(s) of Royal Bank of Canada.

Investigation

Doc suspended for allegedly trading drugs for sex

A Winnipeg doctor has been suspended after he had sex with two female patients and wrote them Oxycontin prescriptions as a result.

And now, Manitoba's health minister said an investigation has been launched to recover any taxpayer money that may have gone towards inappropriate billing.

The College of Physicians and Surgeons of Manitoba held an inquiry on the behaviour of Dr. Randy Raymond Allan, where he pleaded guilty to professional misconduct.

The college has suspended Dr. Allen for 18 months, although he has not been practicing at his Main Street clinic since the allegations came to light.

According to the inquiry panel, Dr. Allen "failed to maintain appropriate boundaries with two female patients ... that he had personal and sexual relationships with them during the same periods that he was providing medical care to them."

Dr. Allen also "issued prescriptions for Oxycontin to both patients ... because of his personal and sexual relationships with them."

The panel said Dr. Allen didn't create complete medical profiles for both women and in some instances didn't note the prescriptions he wrote in their profiles.

He then billed the Manitoba government for house calls when in actuality, he was visiting for sex.

"It's a very concerning situation and without a doubt it warrants discipline in my view," said Health Minister Theresa Oswald, adding that if there was any inappropriate billing, "we're certainly going to be seeking to recover any of those costs." BERNICE PONTANILLA, ELISHA DACEY/METRO

'Get the shot, not the flu'

Manitoba Health Minister Theresa Oswald gets her annual flu shot from nurse practitioner Annabelle Reimer at the QuickCare Clinic on McGregor Avenue on Tuesday. Oswald encouraged all Manitobans to "get the shot, not the flu" this winter. The shot is free and available at QuickCare clinics, public health clinics, nursing stations or through physicians. BERNICE PONTANILLA/METRO

Hospital staff hand washing low: Audit

Health. 42-58 per cent of health-care workers comply with standards

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The importance of hand washing took centre stage at Bug Day 2012 as reports came out that health-care professionals are missing the target when it comes to using soap and water.

The Winnipeg Regional Health Authority released the results of a hand washing audit done that showed compliance averages of 42 per cent to 58 per cent at Winnipeg hospitals, well below the target of 90 per cent.

"As a citizen of Manitoba, I want everybody to wash their hands, and a lot, not the least of whom should be medical professionals," said Health Minister Theresa Oswald. "We have seen in the WRHA a very aggressive effort to have the public and to have their employees working on hand washing and we are seeing those rates go up."

Oswald said while suspensions to health-care workers who don't wash their hands is on the table, she prefers education as a way to improve compliance rates.

"I don't think throwing doctors in jail for this is the answer, but I do think gentle pressure applied relentlessly concerning hand hygiene is the way to go," added Oswald.

This graph shows overall compliance averages for hand washing at Winnipeg hospitals St-Boniface, Concordia, Grace, Health Sciences Centre, Seven Oaks and Victoria. COURTESY WRHA

The Health Sciences Centre and the University of Manitoba organized a day of events to mark Bug Day 2012 on Tuesday at the U of M's Bannatyne Campus, with presentations and discussions on topics ranging from infectious diseases, public health and infection prevention and control.

LASIK MD VISION

LASIK NOW, PAY IN 2014!†

$0 DOWN $0 PAYMENTS 0% INTEREST

Dr. Richard Léger MD, FRCSC
Dr. John van der Zweep MD, FRCSC

LASIK MD doctors have performed **over 750,000 procedures**

LASIK starting at **$490**/eye* • FREE Consultation: 1-855-894-2020 • www.lasikmd.com

†Subject to Desjardins Card Services credit approval. Patients must receive their procedure on or before January 20, 2013 and complete their surgery by February 28, 2013 in order to be eligible. Applicable to Custom LASIK on both eyes only. Cannot be combined with any other offer. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable to surgery on both eyes only. Other conditions may apply.

New at the zoo. Rare Mongolian horses gallop into Assiniboine Park

The Assiniboine Park Zoo has added a rare new animal to their mane collection: A pair of two-year-old male Przewalski's horses.

The horses, which are smaller than most domestic horses, were once thought to be extinct, and are the last surviving subspecies of the wild horse.

"We're very excited to have another new species at the zoo," said Tim Sinclair-Smith, director of zoological operations. "Przewalski's horses are quite rare, which makes this an even greater addition for our visitors, since most have never seen them before."

Przewalski's horses weigh between 200 and 340 kilograms, stand a little more than a metre tall and have stocky bodies, upright manes and a dark stripe down their back.

The horses originated in Mongolia and will live in the North West corner of the zoo, next to the zebras. The zoo hopes to add females in the future to participate in a breeding program with the Association of Zoos and Aquariums.

METRO

A Przewalski's horse and her colt romp in the Gobi Desert in northwest China. A pair of the rare horses has arrived at the Assiniboine Park Zoo.
GETTY IMAGES

Let there be heat. Furnace ordered stoked at frosty Winnipeg apartment

What a difference a day has made for the tenants of a West End apartment block who have been without heat since temperatures dropped below normal last month.

A day after Charles Tizya, 63, told Metro about his troubles trying to get the heat turned at his apartment building at 508 Sherbrook St., the block's property management company — Hudson Bay Traders Ltd. — promised to have the problem fixed by Tuesday's end.

"As far as I know, they've assured the bylaw officer that the heat will be on today," Tizya said Tuesday afternoon. "They're also providing heaters for the tenants until the heat is restored."

The City of Winnipeg confirmed on Tuesday that Hudson Bay Traders was issued a written compliance order the previous day to have the heat turned on within 24 hours.

SHANE GIBSON/METRO

Sean Quigley, 17, whose video of Little Drummer Boy rocketed him to Internet fame last winter, is heading to Georgia next month to speak to youth about their power to make positive change. SHANE GIBSON/METRO

'Peg cyberstar to beat drum round the globe

Drummer boy. Sean Quigley embarking on World Vision trip to speak to Georgian youth

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg's own "drummer boy," Sean Quigley, is headed to the other side of the world with World Vision to inspire youth to make positive change in their country.

Quigley, 17, who became an Internet sensation last winter when the video of his version of Little Drummer Boy went viral on YouTube, will travel to the country of Georgia next month to speak to students on behalf of the international organization.

"We're working with youth there to communicate the point that things like social media and videography can be used to make a huge difference in a government where some of the human rights for young people are atrocious," said Quigley, a Grade 12 student at Oak Park High School. "It's a crazy opportunity and I jumped on it."

World Vision contacted Quigley a few weeks ago with the concept for the two-week trip after someone at the group watched the video for his latest song, Our Generation.

"It's an anthem song to youth all around the world to step up and make more positive change around the world," Quigley said on Tuesday. "Because of the message of the music I do, they thought it would be a really great collaboration."

Quigley will start his journey at World Vision's head office in Toronto on Oct. 30, before taking the roughly 20-hour flight to Georgia. He said he's especially excited about meeting a group of young Georgians who have started a newspaper that advocates for youth and law reform.

"They're quite literally doing what my song is inspiring," he said.

Quigley is also in the studio recording a new full-length independent album that he hopes to release in May.

The power of music

"They're quite literally doing what my song is inspiring."

Sean Quigley on a group of young Georgians who have started a newspaper that advocates for youth and law reform

Eyetech LASIK+ clinic
BOOK YOUR FREE CONSULTATION TODAY!
204-946-5595
250 Portage Ave.
Winnipeg
Price Match+* Guarantee
We will match any competitor's price
Plus give you a $500 Coupon**
+* More Procedures
+* More Technologies
+* Most experienced LASIK surgeon
**redeemable for goods & services at Eyetech Lasik Clinic (Thermage, Fraxel, IPL Hair Removal, designer sun glasses & more).
Some restrictions apply.
"Come in and see the difference!!"
"Better technogy for better vision"

pizza pizza
slices for smiles
FOUNDATION

Slices for Smiles!

ONE MONTH ONLY
OCT. 15th – NOV. 11th!

Thanks to your generous support, we have raised over **$1,000,000** with our Slices for Smiles Foundation! Proceeds will be donated to:

Children's Miracle Network

the Children's Hospital Foundation of Manitoba

Walk-in only.
Pepperoni or Cheese pizzas only. Limit 4 per person. Taxes extra.

10" HALF SIZE PEPPERONI SMILE PIZZA $2

MEDIUM Pepperoni Pizza $4.99

Walk-in only.
Pepperoni or Cheese pizzas only. Limit 4 per person. Taxes extra.

Hot & Fresh pizza pizza®

CALL, COME IN OR CLICK TO ORDER: www.pizzapizza.ca

In Winnipeg: 957-11-11

COMING SOON! 661 Henderson Hwy.
NEW! 101 Regent Ave. E. NEW! 3525 Roblin Blvd.
2677 Pembina Hwy. | 1873 Portage Ave.
2230 McPhillips St. | 1074 St. Mary's Rd.
600 Portage Ave.

Some restrictions apply. Taxes extra. Coupons not applicable to these offers. Offers valid from October 15th to November 11th, 2012, unless otherwise noted. Offers subject to expire without notice. Registered trademarks of Pizza Pizza Royalty Limited Partnership, used under license. © Pizza Pizza 2012. 0013804

Unearthing a good time

Rock ages. United Way fundraiser looks to make pre-history

SHANE GIBSON
shane.gibson@metronews.ca

Close up your paleontology books, the United Way's GenNext Council needs you to brush up on your party-ontology skills this weekend.

After a successful inaugural event last year that raised more $17,000 for the United Way, organizers of this year's 'The Next:' fundraiser did the only thing they could to make it better — they invited dinosaurs.

"It's a pre-historic themed event this year in conjunction with the Dinosaurs Unearthed exhibit at the museum," explained Joseph Ranseth, who sits on the GenNext Council and helped organize The Next: PRAEHISTORIA. "They party will be interactive … there's even a mechanical dinosaur, like a mechanical bull, that people can ride."

Joseph Ranseth METRO

As well as getting to wine and dine amongst 14 realistic and roaring animatronic dinosaurs, the expected crowd of 600 will be kept entertained by a line up live DJs and fire dancers — not to mention the attire of those who come out.

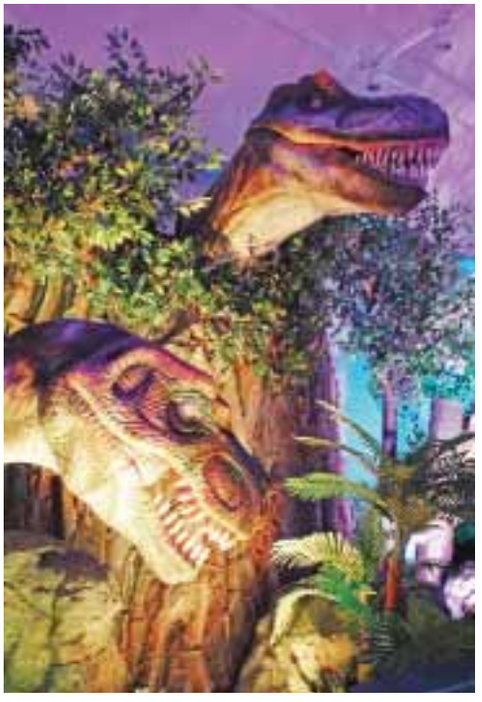
"I imagine there will be a lot of people dressed up, either like the Flintstones or in loincloths … I've heard somebody's coming as a wooly mammoth."

The 18-plus event is aimed at Winnipeg's young professionals as part of the council's goal to connect with the city's younger generation that, Ranseth admits, may not know about the United Way's impact in Winnipeg.

"The United Way sponsors one hundred different agencies in the city that operate in three main categories: health, poverty, and helping kids become their best," he explained. "It's really about helping Winnipeg reach its full potential."

If you want to go

- The Next: PRAEHISTORIA kicks off at the Manitoba Museum this Saturday at 8 p.m. and tickets are available online for $50 at thenextparty.ca.



Dinosaurs in a modern world

Almost 4,000 people have checked out Manitoba Museum's Dinosaurs Unearthed since it opened earlier this month. The exhibit features 14 animatronics; two full-size skeletons and 22 fossils, and lets visitors experience what it would have been like to walk the earth with dinosaurs 65 million years ago. It runs until April. SHANE GIBSON/METRO

Call Crime Stoppers

Search on for middle-aged man after a young girl is sexually assaulted

Police are looking for a suspect after a man inappropriately touched a school-aged girl Monday afternoon.

Police said a seven-year-old girl and two 10-year-old boys were walking in the area of Pacific Avenue West when a man not known to them approached and began talking with them.

The man sexually assaulted the young girl by touching her over her clothing while trying to engage the kids in conversation.

The victim was not injured, and the suspect immediately fled after the kids alerted a passerby.

The suspect is a white man, between 40-50 years old, about 5'5" in height, with an average to chubby build. He has grey hair and a grey beard and was wearing a black jacket and blue toque.

Anyone with information should call investigators at 204-986-3296 or Crime Stoppers at 204-786-TIPS. METRO

manitoba seniors music festival 2012

RAY ST. GERMAIN, RON PALEY AND THE SISTERS OF THE HOLY ROCK PERFORM IN CANADA'S FIRST SENIORS MUSIC FESTIVAL

Singing in the Rain
Wednesday, 17 October 2012
- Branch 252 Legion Veterans Band
- Winnipeg Golden Chordsmen Chorus
- Westside Jazz Band

Could Have Danced All Night
Friday, 19 October 2012
- Blaskappelle German Club Band
- 402 Squadron Pipes and Drums
- Executive Big Band

With a Song in My Heart
Monday, 22 October 2012
- Ray St. Germain
- Winnipeg Male Chorus
- Assiniboia Concert Band

Bach, Broadway and Benny
Tuesday, 23 October 2012
- Chamber Orchestra of St. John's College
- Sweet Adelines—Assiniboine Show Chorus
- The Murray Riddell Big Band

Earlier Popular Music
Wednesday, 24 October 2012
- Northwinds Community Band
- New Horizons Band
- Crazy Eights Dixieland Band

Strings and Winds
Thursday, 25 October 2012
- Winnipeg Pops Orchestra
- Winnipeg Mandolin Orchestra
- Westwood Community Band

Anthems, Ballads and Concerti
Monday, 29 October 2012
- Festival Orchestra
- Frank Burke and Ron Paley
- Festival Concert Band

Celebration of Seniors
Tuesday, 30 October 2012
- Sisters of the Holy Rock

10 UNIQUE CONCERTS
28 UNIQUE ARTISTS
All concerts at Westminster United Church at 7:00 pm; tickets $10, available at the door and McNally Robinson

music by seniors and for seniors friends

A New Horizons for Seniors Programs Project

10 UNIQUE CONCERTS 28 UNIQUE ARTISTS All concerts at Westminster United Church at 7:00 pm; tickets $10, available at the door and McNally Robinson

Talk to Your Pharmacist
A Healthy Choice Manitoba Society of Pharmacists

Kids are curious. We can help.

Pills can look like candy to a child.

Teenagers can be tempted to experiment.

Bring your unused and expired medication to a pharmacy for disposal.

It's safe and better for the environment.

Manitoba Society of Pharmacists

Manitoba Institute for Patient Safety

WagJag.com

GET DEALS ON THE GO!

iPHONE APP ANDROID APP

50-90% Off Local Daily Deals

Buy For:

$49

$49 FOR A HOUSEHOLD DUCT CLEANING INCLUDING 10 VENTS FROM THE DUCT GUY (A $209 VALUE)

THE DUCT GUY

MULTIPLE OPTIONS AVAILABLE

UP TO 70% OFF NATIONAL GEOGRAPHIC

NATIONAL GEOGRAPHIC

BUY FOR: $19

79% OFF A HAIR SALON PACKAGE

CEDAR TREE NAILS & HAIR

BUY FOR: $25

50% OFF AT LE CHATEAU OUTLET

LE CHATEAU OUTLET

Jaunt.ca

Unique Getaways Within Reach

Jaunt getaway and vacation packages are carefully designed to help you explore vibrant cities, experience new places and discover the world.

Follow Us: @gojaunt facebook.com/GoJaunt

Visit: WagJag.com

Follow us: facebook.com/wagjag @wagjag

Hormonal Breakouts?
Not Just a Teenage Problem!

Hormonal breakouts, such as acne that is marked by pimples, whiteheads, blackheads and cysts affect many teenagers today. But teenagers are not the only ones; acne can strike adults too - more than half of all adult women and about a quarter of adult men.

As the largest organ in the body, the skin is one of the best indicators of how healthy we are on the inside. Acne can have many underlying causes including: poor digestion and dietary intake (vitamin and mineral deficiencies), food allergies, hormonal imbalances, and stress.

Many women will typically see hormonal breakouts during their menstrual cycle due to hormonal fluctuations. Estrogen dominance due to hormone replacement therapy, the birth control pill, xenoestrogens from the environment (BPA, phthalates, parabens) or a sluggish liver can also contribute to hormonal breakouts.

EstroSense is a unique natural formula that helps maintain healthy hormone balance by supporting the liver and in turn, healthy skin. It combines key ingredients such as calcium-d-glucarate, indole-3-carbinol, sulforaphane, milk thistle and DIM for promoting liver detoxification of "bad" estrogens and excretion of harmful xenoestrogens. EstroSense also provides Tumeric, Lycopene, Rosemary and Green tea for powerful antioxidant support.

All of the above ingredients can be found in EstroSense, an excellent product for balancing hormones and providing liver support for naturally healthy skin from the inside out!

So much easier being a girl... *Like most people, I too, struggle with acne…One problem I have particularly struggled with has been my jaw line and back… That's when EstroSense entered my life and changed it for the better…After the first 3 months, my back and jaw breakouts have diminished significantly. On top of it, virtually all my PMS symptoms have almost disappeared…it's so much easier being a girl now.* Beauty Blogger Ellie S.

Ask for EstroSense at your local Health Food Store

100% MONEY BACK GUARANTEED TO WORK! 100% MONEY BACK

"I recommend EstroSense® to patients in my practice"
- Dr. Marita Schauch, BSc, ND *(Sidney, BC)*

COUPON

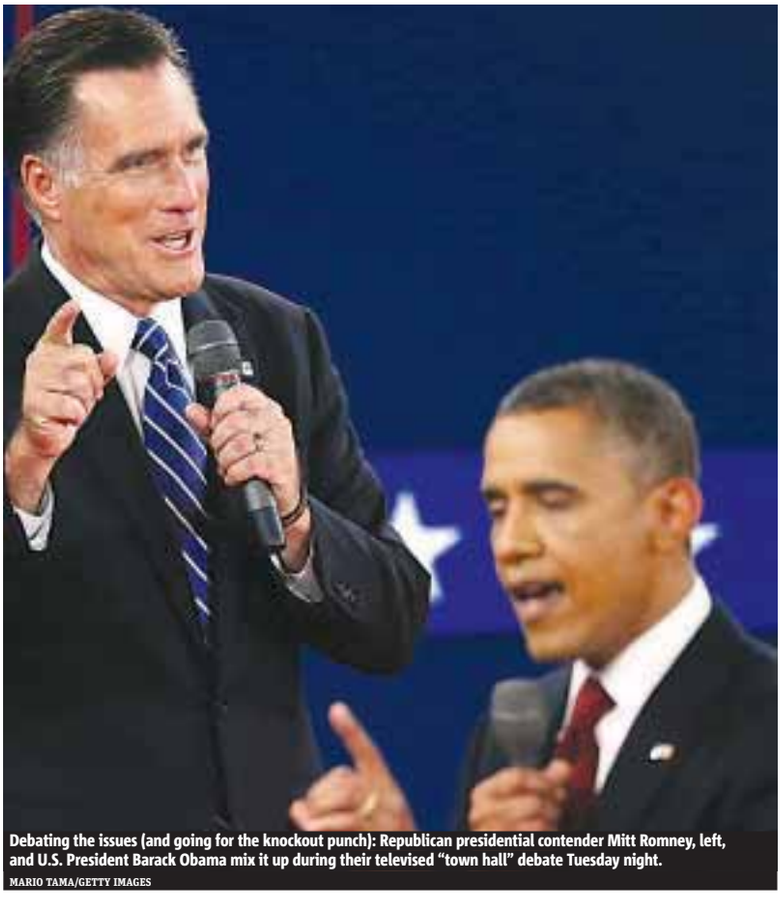
$2 OFF EstroSense® ANY SIZE

Only at your local Health Food Store

MANUFACTURER COUPON - TO THE RETAILER: For redemption, mail to:
Preferred Nutrition, 153 Perth Street, Acton, ON L7J 1C9 Expiry: December 31, 2012 Code: 05-089

Preferred Nutrition PNO.CA

CUSTOMER SIGNATURE REQUIRED FOR VALIDATION



Debating the issues (and going for the knockout punch): Republican presidential contender Mitt Romney, left, and U.S. President Barack Obama mix it up during their televised "town hall" debate Tuesday night.
MARIO TAMA/GETTY IMAGES

He's awake! Obama goes on the attack in second debate

Tense faceoffs. White House contenders cross swords over jobs, domestic energy, women's rights — and that pipeline

Listless? Not anymore!

A sharper, energetic Barack Obama emerged Tuesday night in his second televised presidential debate against Mitt Romney.

As millions of viewers watched, Obama energetically got down to the business in hand — putting the brakes on his Republican rival's sudden momentum in a tense, tight race to the White House.

From the opening moments, Obama was aggressive.

Their physical encounters crackled with energy and tension, and the crowd watched raptly as the two sparred while struggling to appear calm and affable before a national television audience.

Among the tense faceoffs: Jobs, domestic energy — and TransCanada's Keystone XL pipeline.

At one point, Romney strode uncomfortably close to Obama as he chastised the president for failing to greenlight the pipeline.

And seeming miffed, Romney also attempted to talk over moderator Candy Crowley, who was having none of it.

Obama and Romney also tried to appeal to female voters.

Responding to a question about pay equity for women, Obama noted that the first piece of legislation he signed made it easier for women to seek the same pay as men for doing the same work.

Romney said as governor of Massachusetts, his administration had a number of women in senior leadership positions.

He said many women have suffered job losses and moved into poverty during Obama's tenure and creating more jobs would help women.

THE ASSOCIATED PRESS

A new approach

It was a debate with a difference — six, in fact.

- **One.** This was a "town hall" debate where people representing a cross-section of America got to ask the questions.
- **Two.** The Gallup organization picked about 80 uncommitted voters.
- **Three.** All questioners were screened before.
- **Four.** The questioners couldn't simply raise their hands and be called at random.
- **Five.** Moderator Candy Crowley of CNN and helpers decided who asked the questions.
- **Six.** The debaters weren't moored to a lectern or table — and viewers could check out their body language.

Anonymous' suspected Todd tormentor tip false, RCMP say

This online video shows The Capper Awards. The man suspected of the blackmail that led to Amanda Todd's suicide was awarded "Blackmailer of the year" in 2010 after extorting a user identified as Peyton. SCREEN GRAB

Amanda Todd suicide. Group's allegation 'unfounded,' police say, though cited user has history of blackmail, perversion

JESSICA SMITH
Metro in Toronto

Allegations by an online hacker group that identified a Vancouver-area man as the tormenter of B.C. teen Amanda Todd were "unfounded," according to police.

Todd, 15, committed suicide last week after suffering years of bullying and online sexual exploitation. In September the teen had posted a video on YouTube in which she described how she showed her breasts to an unknown man over a webcam. She said the man then threatened to send the pictures to friends and family unless she "put on a show" for him.

Although police said Tuesday the claims by Anonymous were false, the web handle cited in the hacker group's posting has a disturbing Internet history with links to the same kind of online exploitation to which Todd was a victim.

In 2010, the username had been nominated as "Blackmailer of the year" in the online Capper Awards, which celebrate a perverted subculture where people called cappers get young girls they call "cam whores" to expose themselves on webcams.

The username was nominated for allegedly blackmailing a different girl, identified as "Peyton." Other awards went to the "cam whore of the year" and "Capper of the year."

In the video on YouTube, a mechanized voice of the cartoon host of the 2010 Capper Awards nominations announces the "Blackmail" category. "This one is for the rapist of the Internet," it says.

"(The user), famous for his blackmail of Peyton, streaming her videos on BlogTV and Tinychat and threatening her in public," says the host.

An earlier video called "The Daily Capper" shows a mock news account of the accused blackmailer streaming the explicit videos of Peyton in December 2010.

"The first part shows Peyton in bra and the second in panties," says a cartoon reporter. The details get more explicit.

"We return to a second room only to find a fuming Peyton demanding to know who had played videos, and threatening to call the police," the reporter says.

The fake news report says the girl told her mother and police, but it is unclear whether or not her alleged blackmailer was ever found.

The Capper Awards videos remained active on YouTube as of press time, except for one that was removed after a link to it was posted on an Amanda Todd memorial Facebook page.

Anonymous also published a link to a page on jailbaitgallery.com that shows pornographic photos of young girls with a title including the same online handle.

Thrown off course

False Internet tips impeding inquiry: Police

B.C. RCMP officers investigating the exploitation and suicide of Amanda Todd say they are being thrown off course by false tips and rumours circulating on the Internet. Sgt. Peter Thiessen said the tip from hacker group Anonymous implicating a B.C. Internet user is unfounded.

The rumour that someone released Amanda Todd's autopsy photos online was debunked by the B.C. Coroner's Service, police said. In that case, Anonymous was also said to have found the perpetrator online.

Fraudulent websites that claim to be fundraising for the Todd family have also popped up, said Thiessen.

He said there is only one real account set up by the Todd family — the RBC Amanda Todd Trust Account.

JESSICA SMITH/METRO IN TORONTO

Market Minute

DOLLAR
101.34¢
(-0.70¢)

TSX
12,407.70 (+177.74)

OIL
$92.09 US (+$0.24)

GOLD
$1,746.30 US (+$8.70)

Natural gas: $3.44 US (-5¢)
Dow Jones: 113,551.78 (+127.55)

Apple

‘iPad mini’ may debut next week

Apple Inc. is sending out invites to reporters for an event next Tuesday, where it’s expected to announce the release of a smaller iPad. Observers have said for months that Apple has an “iPad mini” in the works. THE ASSOCIATED PRESS

Microsoft

Surface tablet will match iPad price

Microsoft’s Surface tablet computer, the company’s answer to Apple Inc.’s iPad, will start at $519 in Canada when it goes on sale Oct. 26.

The price matches that of the iPad, but the base model of the Surface has twice as much storage memory: 32 gigabytes. The screen is also slightly larger. THE ASSOCIATED PRESS

Microsoft’s new Surface tablet
THE ASSOCIATED PRESS FILE

Model years 2011-13

Ford recalls Fiestas over side air bags

Ford is recalling more than 154,000 Fiesta subcompacts, including 28,000 in Canada, over air bags. If the front passenger seat is empty, Ford says, the side air bag won’t inflate to protect rear-seat passengers in some crashes. THE ASSOCIATED PRESS

iPhone maker dismisses underage factory interns

China. Labour rights group says Foxconn and vocational schools are both to blame for use of students under 16

The company that manufactures Apple’s iPhone said Tuesday it found underage interns as young as 14 working at one of its factories in China.

Foxconn Technology Group said the interns were found by a company investigation at its factory in the eastern city of Yantai and were sent back to their schools. China’s minimum legal working age is 16.

Foxconn said it was investigating with schools how the interns were sent to its factory. It didn’t say how many underage interns it found.

“We recognize that full responsibility for these violations rests with our company and we have apologized to each of the students for our role in this action,” Foxconn said in a statement. “Any Foxconn employee found, through our investigation, to be responsible for these violations will have their employment immediately terminated.”

A labour rights group, China Labor Watch, said in a statement that primary responsibility lay with schools involved but “Foxconn is also culpable for not confirming the ages of their workers.”

Conditions in factories in China are a sensitive issue for foreign brands that outsource production of shoes, consumer electronics and other goods to local contractors.

Last month, Foxconn suspended production for one day at a factory in the city of Taiyuan following a brawl by as many as 2,000 employees that injured 40 people.

Foxconn has an internship program that takes vocational students who work for three to six months in its factories, accompanied by teachers.

It faced a complaint in August that vocational students were compelled by their schools to work in its factories in China. Foxconn said the students were free to leave at any time. THE ASSOCIATED PRESS

Foxconn

- Foxconn produces iPhones and iPads for Apple Inc. and also assembles products for Microsoft Corp. and Hewlett-Packard Co. The company gave no indication what products were made in facilities where the interns worked.

Loblaw shelves 700 head-office jobs

A Loblaws employee brings in shopping carts in Toronto in this file photo. Loblaw Co. Ltd. is cutting about 700 jobs, mostly management and administrative positions at its Toronto-area head office, in a move the grocery retailer says will reduce costs and improve efficiency. THE CANADIAN PRESS FILE

COMMUNITY SUNDAY: OCTOBER 21

Ever thought of designing a stamp?
Come see these fishing themed competition entries and decide which one you think is the best!

On your way in, **browse clothing, jewellery, handbags, baked goods and more at our Artisan’s market**, then relax over lunch, coffee or a glass of wine while you listen to the music of the **Karl Kohut Trio** and their gorgeous interpretations of Stevie Wonder’s Innervisions. **With special guest Joanna Majoko on vocals, the trio features Curtis Nowosad and Will Bonness.**

SNAC

OPEN 11am-5pm (music 1:30-3:30). Past the Trappist Monastery Ruins. Free admission, donations appreciated.

European officials express concern about Google’s privacy policy

European regulators have asked Google to clarify its new privacy policy and make it easier for users to opt out of it because of concerns that the web giant may be collecting too much data and holding it for too long.

France’s data protection agency led a European investigation into Google’s new unified privacy policy, which replaces individual policies for its search, email and other services, and regulates how it uses the personal data it collects.

The policy allows Google to combine data collected from one person using its disparate services, from Gmail to YouTube. That gives Google a powerful tool for targeting the user with advertising.

The agency outlined three main concerns about the new policy: it’s not clear enough in explaining to users what data is collected and how it will be used; it’s too difficult for users to opt out of data collection and combination; and Google doesn’t always say how long it will hold onto data. THE ASSOCIATED PRESS

By the numbers

90%

France’s data protection agency said that of the top 500 most-visited sites in France, 90 per cent had a link with Google. The web giant can also collect information from anyone who visits a website that has a link to its services — for example, a Google map posting.

Crisis in Care.
One of Manitoba’s most critical health care units.

We’ll show you why some of its own membes think the unit is in crisis.

Watch this I-Team investigative report on CBC News Winnipeg - your news first at 5 tonight.

CBC News Winnipeg
with Janet Stewart and Mitch Peacock
on CBC Television
5, 5:30 & 6 pm

For more information visit cbc.ca/manitoba

CBC news

CURATING CANADIAN CONSERVATIVES

JUST SAYIN'
Paul Sullivan
metronews.ca

The Canadian Museum of Civilization is being rebranded.

Now it's going to be the Canadian Museum of Our Own Backyard. Er, the Canadian Museum of History.

That old mandate: "To increase, throughout Canada and internationally, interest in, knowledge and understanding of and appreciation for human cultural achievements and human behaviour…"?

That's over. It's time to turn our gaze … inward.

The feds are going to spend $25 million to teach us Canadian history, no doubt because we weren't listening the first time in Grade 8.

Instead of that civilization malarkey, we'll gather all our national clichés in one convenient location: The Last Spike, Maurice Richard's hockey sweater (le pew!), and the gag reel from This Hour Has 22 Minutes. OK, so I made that last one up. But talk about historical significance.

According to the usually informed but anonymous sources, the museum will focus on the Royal Family and the Canadian Military.

Tell me this is not all part of the Harper government's ongoing effort to put the 21st century back in the bottle and rewrite Canadian history. We'll know what's really going on if Museum 2.0 has a Preston Manning wing.

The power of pop culture

I agree with James Moore, Minister in Charge of Turning Back the Clock, that the world needs more Canada. But we already gave the world Jim Carrey and Neil Young. What more do they want? I know. Celine Dion! We'll give them Celine Dion!

The new museum will use the current Museum of Civilization building, a world-class architectural homage to human civilization. Well, it will have to do. It was either that, or move it to Winnipeg, where it could take over the newly built Museum of Human Rights. After all, human rights aren't really our business, either. Let the EU or the UN or some other foreign outfit worry about that stuff.

This here's Canada. The Canada of Sir John A. Macdonald, Sir Robert Borden, R.B. Bennett, John Diefenbaker, Brian Mulroney and, of course, Stephen Harper. Did I leave anyone out?

Don't get me wrong. I agree with James Moore, Minister in Charge of Turning Back the Clock, that the world needs more Canada. But we already gave the world Jim Carrey and Neil Young. What more do they want? I know. Celine Dion! We'll give them Celine Dion!

We'll be able to give all these great ideas to the museum, as staff is now travelling across the country, all expenses paid, to find out what we think.

Off the top of my head, I can think of a few more suggestions: The Charter of Rights. (Too civilized? Too Liberal.) The Canadian flag? (See previous item.) The Story of Medicare? The National Wheat Board? The National Film Board? The CBC? (Hmm. There's a pattern emerging here.)

Gee, James, maybe this wasn't such a good idea after all.

New planet gets four stars!

HAVEN GIGUERE/YALE

Team's first find

Planet with 4-sun system discovered

Astronomers have discovered a new planet with a four-sun system — the first case of its type.

The planet, PH1, circles twin suns that are in turn orbited by a second distant pair of stars. The discovery was made by Planet Hunters, a Yale University-led project, in which amateur astronomers work with professional scientists to find new worlds. **METRO**

Astronomer's viewpoint

"The discovery of these systems forces us to go back to the drawing board to find how such planets can assemble and evolve in these dynamically challenging environments."

Meg Schwamb, astronomer at Yale University, and lead author of the report behind the discovery.

How they discovered it

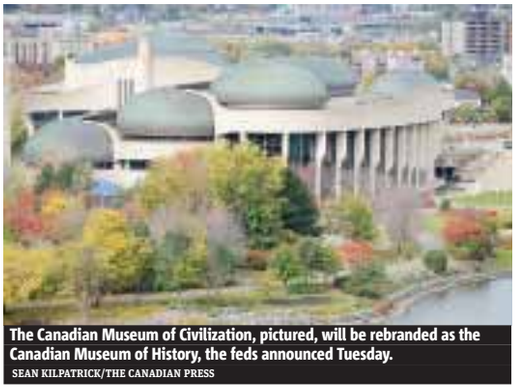
How two hobbyists found unique planet

Planet Hunters volunteers, Kian Jek of San Francisco and Robert Gagliano of Cottonwood, Ariz., spotted faint dips in light caused by the planet as it passed in front of its parent stars, a common method of finding extrasolar planets.

Their discovery was confirmed by observations from the Keck telescopes on Mauna Kea, Hawaii. **METRO**

5,000 light years away

- **What's in a name?** Named PH1 in honour of the Planet Hunters website.
- **Neptune-sized planet.** More than six times the radius of Earth, making PH1 slightly bigger than Neptune.
- **Not habitable.** PH1's temperature ranges from a minimum of about 251 C to a maximum of about 340 C.

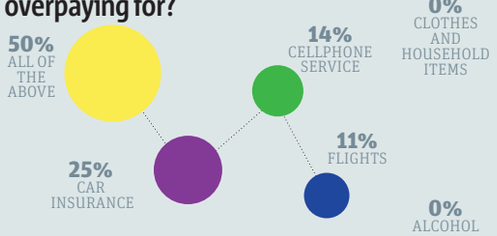


The Canadian Museum of Civilization, pictured, will be rebranded as the Canadian Museum of History, the feds announced Tuesday.
SEAN KILPATRICK/THE CANADIAN PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What do you feel Canadians are most overpaying for?



Twitter

@mel_in_da: When you go renew your passport in downtown Winnipeg, make sure you stop into Parlour for a beautiful and amazing mocha, like I did.

@wazoowazny: I think the NHL season is too long as it is. They're going to July now?

@WpgVargs: My solution to the 10 digit dialing is to dump friends that get a 431 area code phone number. #Later

@lod_pod: You don't realize how many old people live in winnipeg until you go to a flu shot clinic. #getmeoutofhere

@cole_train1988: All jokes aside, I do sincerely hope this isn't solely a PR tactic on the NHL side. Sacrificing an ancient Winnipeg Jet artifact to be safe

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • Fax: 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

Tyler Perry stars in Alex Cross. HANDOUT

Meet the newest Alex Cross

Adaptation. Tyler Perry plays the lead in the latest movie based on James Patterson's novels

IN FOCUS
Richard Crouse
scene@metronews.ca

If the name Alex Cross sounds familiar you're either an avid reader of crime novels or a Morgan Freeman fan.

The character is the star of 20 books by author James Patterson, two films starring Freeman and now a third, the simply titled Alex Cross, with Tyler Perry in the lead role.

In the books and films Cross is a Washington D.C. cop with a Ph.D. in psychology. In other words, as he says in Kiss the Girls, "I'm a forensic psychologist. It's a fancy way of saying I'm a guy who walks into a room like that and determines the hows and whys."

In the new film, Perry, best known as the director and star of the Madea comedies, squares off against a serial killer (Matthew Fox) who claims to have murdered one of the detective's relatives.

The first Cross novel to make the leap to the big screen was Kiss the Girls, the second book in the series. Denzel Washington was originally set to star, but dropped out due to scheduling conflicts. Morgan Freeman stepped in, starring opposite Ashley Judd.

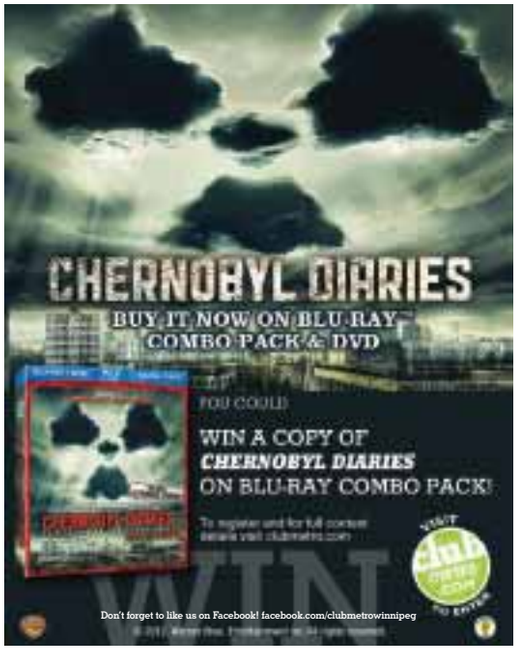
In the film Cross's niece disappears, the likely victim of Casanova, a kidnapper and killer of young women. Aiding Cross is Dr. Kate McTiernan (Judd), a surgeon, who narrowly escaped the sadomasochist killer's grasp.

The movie was a hit with audiences, but not the critics, although Roger Ebert wrote that Freeman and Judd, "are so good, you almost wish they'd decided not to make a thriller at all… and had simply found a way to construct a drama exploring their personalities."

The movie was withheld from release in central Virginia out of respect for the families of three girls who had been murdered in the area.

Four years later, despite some reservations, Freeman reprised the role. "I didn't want to do the same thing twice," he said, adding that he changed his mind because he realized he "liked Alex Cross. And the fact that he's black is totally incidental. That's a rare thing for a black actor to find."

Along Came a Spider sees Cross solve the case of a kidnapped congressman's daughter. Once again critics hated the film — which currently sits at 32 per cent on Rotten Tomatoes — but praised Freeman's performance. New York Times scribe Elvis Mitchell called it "a classless, underdeveloped thriller," but wrote that it "couldn't be better served than it is by Mr. Freeman."



YOU COULD WIN TICKETS TO SEE
ARGO
NOW PLAYING!
VISIT
TO ENTER
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrowinnipeg

Q&A. Ellie Goulding on hit single Lights, sophomore album and dating Skrillex

Ellie Goulding THE ASSOCIATED PRESS

British singer Ellie Goulding dealt with writer's block when coming up with songs for her sophomore album. That's because she was still dealing with the success of her first album.

Goulding's debut, Lights, was released in February 2010 in Europe and March 2011 in the United States. This year, however, the title track peaked at No. 2 on Billboard's Hot 100 chart and has sold more than 3.3 million units in America. The electro-dance track is one of the year's top songs.

"I still haven't been able to understand, like, why that has happened," the 25-year-old said in a recent interview. "It's crazy. But the definite truth is it's been way more popular here (in the U.S.) than it has anywhere in the world."

Her Lights album has sold about 240,000 units in the U.S., but now she's promoting her sophomore record, Halcyon, which was released this week. She recorded it in "a converted barn in a valley" in England with producer Jim Eliot (Kylie Minogue) to escape the success of Lights.

While her Lights single is on the new album, Goulding has a new single, Anything Could Happen, a new sound — and a somewhat new relationship.

Did you want to capitalize on the success of Lights and do something similar on the new album?

... No, not really. ... If my next song has the same ability to do what Lights has done, then I'll be really proud. But, who knows? Like, I would never want to design music to do what Lights did 'cause that wouldn't have any kind of integrity on my part. ... Most of my favourite music isn't in the charts. Don't get me wrong, I adore pop music so much. I'm not saying I have a thing against chart music. If mine gets on the charts and I sell records, then it's a bonus.

What helped you overcome writer's block?

... I guess I cured it by meeting Jim. Also ... I went through, like, a breakup in a relationship (with radio DJ Greg James) and genuinely, like, that kind of opened the floodgates for me. I felt like there was a lot I needed to write about for a long time. I went away to Ireland by myself and that triggered a lot of the lyrics, a lot of the ideas.

You're dating Skrillex and you've collaborated musically. Do you want to do more of that?

I think in an ideal world we'd love to make a whole record together ... but it just so happens that we're both ridiculously busy. When it comes to music, it honestly is really professional. Honestly. If we start talking about music on the phone, it switches immediately to being professional, and not on purpose, but because we're both so passionate about music and it's a very serious thing to us. But at the same time we've had fun making stuff, and I have fun listening to his new stuff because it blows my mind and it's so clever to me, so fascinating it makes me want to laugh, and I laugh because it's so brilliant.

THE ASSOCIATED PRESS

Oozing with exuberance

Fear Fun. Musician makes some changes after being on 'autopilot' for a few years

PAT HEALY
Metro World News

Father John Misty MAXIMILLA LUKACS

Fear Fun is the debut by Father John Misty, but the man behind the moniker, Joshua Tillman, has been putting out albums for the past eight years, recording as a member of Fleet Foxes, Saxon Shore and on his own as J. Tillman. These previous efforts, mostly characterized by their solemnity, bear little resemblance to his recent outpouring of manic psychedelic folk.

"I was obliged to make some changes after some realizations that I had about myself," says Tillman. "I was on autopilot for a few years with the J. Tillman thing."

On Fear Fun, the songs ooze with an exuberance of being born again, but for Father John Misty that doesn't necessarily mean a pious awakening. Against some of the same warm quilts of harmony that make Fleet Foxes sound so comforting, Tillman sings words that are frank and funny and often deal with sex and drugs. If it weren't for this content, you could almost picture him dancing to these funky songs with some groovy monster on The Muppet Show.

His voice is one of confidence and clarity, and against the dark decadence of his lyrics, it blurs the line between reverence and irreverence.

As opposed to the bleak and serious artwork on his solo records, the album art on Fear Fun is deeply hallucinogenic, with liner notes inside that provide commentary and peculiar subtitles for each song.

Tillman says coming up with this part of the album was a cathartic process.

"I was just sick of identifying myself as a songwriter and subsequently like a failure of a songwriter or something," he says. "Around that time, the sound of an acoustic guitar made me nauseous, like I couldn't even deal with it, and so I left Seattle and I just wanted to get back to my humanity. And it's funny because with songwriting, you get so used to only pulling from certain aspects of your imagination or your emotional quotient. You get so used to farming from these very specific parts of yourself that at some point you start to believe that those are the only parts of yourself that have substance or worth. I was just sort of sick of feeling like a one-dimensional entity in terms of creativity, so I started writing up the book that's in the album and I wasn't beholden to these aesthetic parameters that I was musically.

I quickly discovered what I perceived to be far more engaging in that medium, creatively. I was laughing a lot the whole time I was writing."

Biblical references

Nothing is sacred

In addition to the new name with which Father John Misty has ordained himself, Fear Fun teems with references to biblical figures and holy places. But Joshua Tillman says nothing is sacred here.

"Really, it just kind of aligns with my sensibilities of what I think is funny," he says. "I do think music that is popular right now is so insubstantial, and there is very little acknowledgement of prevalent images or mythology. ... I know that religion is like an antiquated thing, but it still, for whatever reason, really resonates with people, and the subversion of those images resonates. It's not out of devotion, but if I'm going to write from my conversational voice, there's tons of that s— rattling around in my brain just from my formative years, and I really get some enjoyment out of subverting conventional wisdom regarding those symbols."

SHOP HALLOWEEN AT ValueVillage

For great costume, craft and party ideas plus easy makeup videos visit **www.valuevillage.com**

Mean Creek provide listeners with a 'Youth Companion'

Two can be a lucky number. Boston-based band are releasing their second album

LINDA LABAN
Metro World News in Boston

Mean Creek HANDOUT

After a hometown release show and five-show CMJ blitz, Mean Creek embarks on their second 2012 stint opening for Counting Crows.

"We played a couple of venues with them that had 3,000 to 4,000 capacity, which were the biggest places we'd played," says frontman Chris Keene. "We learned a lot of how to be a live band. We're 10 times better as a live band since that tour."

Their second full-length album, Youth Companion, is a little two-sided, too: It's thoughtful and anxious, has hints of careening classic rock as well as post-punk edge, and the title actually has two components. Youth is easily explained: the band's ages range from 27 to 32 and they're leaving their wild youth behind — hence the first single, Young and Wild.

"A lot of the record is about growing up and about being a young person," admits Keene. "But it's also about how that affects you and stays with you into being an adult, and how you change when you become an adult."

Which almost explains the 'Companion' part. Or does it?

"This is kind of nerdy. That part was taken from a line in Star Trek. The villain says something like, 'Time is the fire in which we burn' and [Captain Picard] says something like, 'Time is a companion that guides you and we should cherish every moment.'" Keene giggles at such deep-space deep stuff. "Yeah, 'Star Trek' really digs deep."

Opening for Counting Crows, Mean Creek's New York City spree outplays its Boston shows six-to-one this month. It's not urban favouritism, though. For Mean Creek, there's no place like home.

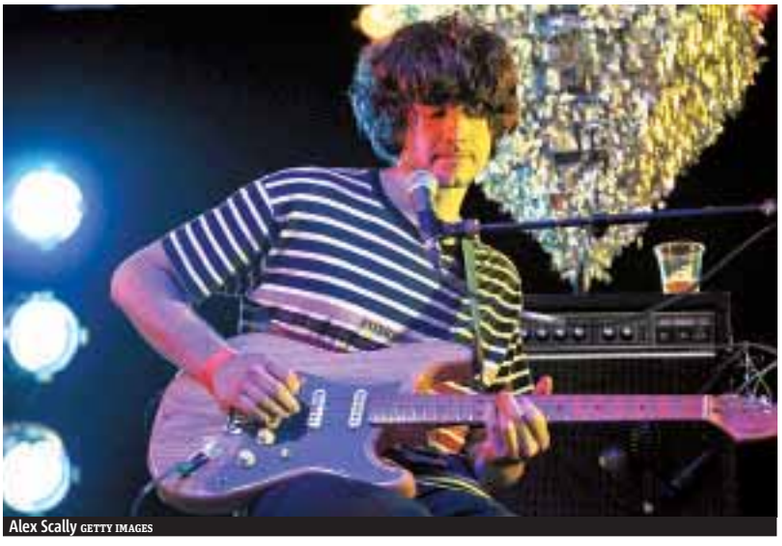
"We don't have any desire to move. We want to be a band from Boston, from where we grew up," says Keene.

"I don't think location matters that much creatively. We just write about things that happen, like personal things. Those things can happen anywhere."

Beach House to keep it meaningful

Critically acclaimed.
Metro talks to the band during their world tour

HEIDI PATALANO
Metro World News in New York


Alex Scally GETTY IMAGES

Revered by critics and slowly making their way into the mainstream, the Baltimore band Beach House have a growing awareness of the burdens of their fame.

Careful to protect their image but eager to engage with their fans, Victoria Legrand and Alex Scally have vowed to keep it meaningful as they promote their fourth album, the critically acclaimed Bloom.

So we went deep for this interview while Scally was on a break during their world tour.

Before doing this interview, your publicist told me not to ask about your influences or ask any of the traditional boring questions. I get it. Do you feel sort of weary about doing these interviews now?
Um, no. You don't want to talk about things that are boring. It's just very natural and simple. ... Whenever you get questions like 'What are your influences?' I always tend to think that's just someone who hasn't really listened to the music. We kind of made a conscious decision, after so many years of doing this band, we only want to do things that are meaningful now. We're lucky that we can try to do it that way. No fluff.

In other coverage of your music, you've mentioned how there are so many generalizations about what you do — that it's all about tones. Do you think there will ever come a day when you'll swear off reading what people have written about you?
We don't read much of what people have written. ... We feel very lucky that we are asked to do interviews or that people care enough to do it. ... That comment about people paying attention to tones — I think that's bigger than our music. We're talking about a society-wide trend that we've been noticing for a couple of years — people just creating music based just only on the vibe of it. The song comes second. The lyrics come second. It's all just a bunch of sound that feels good. There's nothing wrong with that. It's just commenting on it.

It's not engaging on all levels.
Right. When we said that, we were just trying to tell people, well, we spend a lot of time on the songs and the lyrics. Please don't let it be only felt on that level. If you consciously think about it at all, try to go somewhere else with it. It's instructing the listener a little bit.

There are all these online lyric sites — are you annoyed when people list them incorrectly?
Victoria wrote all the lyrics out in the album art, so anyone who really cares will find the correct ones. I think it's kind of interesting how there's so much bad information on the Internet. It's kind of this hilarious thing. It's like this big bathroom wall with 10 billion people writing on it.

There's been controversy recently surrounding your refusal to let Volkswagen use your music in their commercial and keeping a lid on how much you share your music for those purposes.
Just to clarify "keeping a lid on how much we share our music" — that's not it at all. We love sharing our music, and if that ad had been amazing we may have done it. The ad was terrible. It's more taste and it's more use. If a song is used well, it's exciting to us. It could make a commercial better or a product better, or maybe we like the thing that they're trying to sell. Trying to be uncommercial is not one of our goals. We're a commercial band. We sell our records. We want to communicate to people as much as possible, but on our own terms.

We are looking for Winnipeg's hottest new face.
FASHION SHOW
October 20 at Noon, 1pm and 2pm.
Model search winners announced at 3.
VOTE FOR THE PEOPLES CHOICE AWARD AT
facebook.com/kildonanplace
Runway TO FAME
MODEL SEARCH 2012
Finalists will walk the Runway to Fame in the KP FASHION TAKEOVER EVENT
Past Winner: Morgan Murray
Merchant Sponsors: Aura, Paper Trail Apparel, Revolutions, Warehouse One.
kildonan place
SPONSORED BY:
103.1
metro
dna
SM SWISH • MODEL MANAGEMENT
facebook.com/kildonanplace
twitter.com/KildonanPlace

Heroism comes at a price for Scott Speedman in Last Resort

Interview. Actor discuses his role, the dynamics between characters and the heroism in disobedience

AMBER RAY
Metro World News in New York

We're pretty sure actor Scott Speedman has the power to broker peace negotiations with a simple glance. Of course, in the role of XO Sam Kendal on Last Resort, it will take more than the 37-year-old's mesmerizing blue eyes to get his submarine crew out of trouble, considering war was triggered when he refused strange orders to bomb Pakistan. The morality and heart Speedman brings to the role will help as he goes toe-to-toe with the commanding Andre Braugher, who plays the captain of the sub. Their relationship is central to the series — just as important as the mystery surrounding the United States' decision to turn on its own. Speedman explains.

What is the dynamic between Sam and Captain Marcus Chaplin (Andre Braugher)?
That's where a lot of the dramatic tension on the show comes from. (The characters) are very close. You find out that Andre's character has really nothing to lose; he really has no family to fall back on, so he's making all these gambles. Meanwhile, I'm relatively young and have a wife waiting for me at home. It's been really fun to play with that and to deal with that male bonding relationship and tearing that up.

Scott Speedman stars in Last Resort, which airs on Global. HANDOUT

We've already seen the U.S. attacking the submarine, the crew turning on each other, and a militia on the island prepared to fight the sailors seeking safety there. Who is the biggest enemy?
For Sam specifically, ultimately, the most interesting enemy I can have is the captain. The more generic choices are there but the more interesting rival will be Marcus Chaplin, the father figure, the mentor. But you have the Navy Seals (who boarded the submarine and seem to have their own agenda); you have Robert Patrick's character (the sub's uncooperative Master Chief Joseph Prosser), which is an interesting character to play off of. I much prefer when (the crew is working) as a unit as opposed to using some of the (supporting characters) as enemies.

What is Sam's biggest motivation right now?
A big thrust of the show is my character trying to get home. But really, Sam wants to stay alive long enough to clear his name. He's spent all this time getting to where he is in his life and it's all being ripped away from him. He wants to get home to be with his wife but he's also really intent on clearing his name.

Is there heroism in disobedience?
Of course, I love that aspect of the show. That's really what drew me to the character.

He's not just this herotype guy; even when facing a tough decision, no matter what the consequences, he's still going to try to do the right thing.

These guys, they spend 10 years getting orders and following them.

They're preparing for this moment — that's what they do in the nuclear submarine — then the order comes and they don't do it. It was an interesting moment to play, for sure."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Scarlett Johansson ALL PHOTOS GETTY IMAGES

Johansson calls it splits with BF after being spotted with ex Leto

Scarlett Johansson has split up with boyfriend Nate Naylor just weeks after she was spotted looking cosy with ex Jared Leto at a political event, according to Daily Mail. How official is the split? Naylor was even spotted clearing his belongings out of Johansson's New York home. "They never officially lived together, but Nate has moved all of his stuff out and back into his apartment," a source says. "The relationship is over. It has not been amicable."

Quoted

"The relationship is over. It has not been amicable."

Anonymous source, on the Johansson/Naylor split.

Ashley Greene

A penny saved a penny earned for Twilight star

Twilight star Ashley Greene has found a downside to being in the super-successful franchise: getting spoiled when it comes to travel. "Twilight has ruined me," Greene tells Marie Clare magazine. "When this is all over, flying internationally is going to be very hard for me. It is just not worth it to buy a first class ticket, because of the cost."

Worth it or not, Greene should have no trouble paying for a ticket, though, as she's been smart with her Twilight salary.

"I'm lucky because my dad taught me to be frugal and save," she says. "And that's important because I want to know that I don't have to take an acting job for two or three years if I don't want to."

The Word

Depp to launch eccentric yet dashing book imprint

THE WORD
Dorothy Robinson
scene@metronews.ca

Celebrities are constantly launching perfumes and clothing lines. But Johnny Depp is not just any old actor. He's Johnny Depp! He's gotta do things differently! So what is the famed actor's new vanity project? Why, he's going to publish books!

According to a statement by Harper Collins, Depp is launching an imprint with the book publisher called Infinitum Nihil (translation: "nothing lasts forever"). Per the statement, Depp says, "I pledge, on behalf of Infinitum Nihil, that we will do our best to deliver publications worthy of peoples' time, of peoples' concern, publications that might ordinarily never have breached the parapet."

The imprint has already announced one book: The Untravelled Tales of Bob Dylan by the historian Douglas Brinkley, which is set for publication in 2015.

Interesting way to inject some glamour into the rather staid world of book publishing. And, hey, unlike the rest of us involved in the media world, it's not like he has to worry about the scant paycheck.

But does anyone else get the mental image of Depp editing books while dressed like a pirate and using a quill pen?

Amanda Bynes is facing charges from her driving record.

Jennie Garth's efforts to reach out to Bynes all in vain

It seems everyone is worried about troubled starlet Amanda Bynes these days, including former What I Like About You co-star Jennie Garth. "I tried reaching out to her and I haven't been able to reach her," Garth tells Us Weekly. "My heart feels for whatever she is going through and I love her dearly."

Garth isn't alone. Bynes' parents have reportedly been getting the cold shoulder from the actress, who is facing multiple charges stemming from her dangerous driving record.

Barack Obama offers his take on the American Idol judges' cat fight.

Obama offers his two cents in Carey/Minaj feud

As he continues his campaign for re-election, U.S. President Barack Obama is addressing all of the top pressing issues — including the feud between American Idol judges Mariah Carey and Nicki Minaj. "I think that they are going to be able to sort it out, I am confident," Obama said during an interview with Miami's Y100 radio station. "I'm all about bringing people together, working for the same cause. I think both outstanding artists are going to be able to make sure that they're moving forward and not going backwards."

YOU COULD WIN
A COPY OF *MOONRISE KINGDOM* ON BLU-RAY™ COMBO PACK!

VISIT clubmetro.com TO ENTER

AVAILABLE EVERYWHERE OCTOBER 16TH 2012

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrowinnipeg

LIFE

There is always time for tapas in Spain's capital city

Madrid. This destination offers everything from traditional fare in centuries-old buildings to the latest in innovative cuisine

VAWN HIMMELSBACH
life@metronews.ca

Madrid has a tempo; it's a city that lives by and for art. It's also a city where food has been elevated to an art form. Take your pick of gastronomic delights at one of the city's centuries-old restaurants, traditional tapas bars, trendy gastrobars or gourmet markets. Here's a guide to eating your way around Madrid:

Markets

Mercado de san Miguel: Built in 1916, this market has become a meeting place for foodies. You'll find everything from salted fish at Casa del Bacalao to European meats at La Boucherie. At sundown, the market turns into a hotspot for tapas, which can be washed down with a glass of Spanish red at one of its wine houses.

Mercado de San Anton and La Cocina: This new gourmet market was designed for foodies — with 14 food stalls on the first floor, and show-cooking stations and a bar for casual meals on the second floor. Head to the third floor's terrace restaurant, La Cocina, where you'll find dishes inspired by traditional Spanish cuisine. Here, sample some of the best bellota ham, aged for five years — from pigs fed a diet of acorns and aromatic herbs.

Tapas

While in Madrid, do like the locals and tapear (go for tapas) — order calamari, cod and tripe. This time-honoured tradition still stands, whether in a traditional tavern or trendy bar, where small plates of food are served with a glass of beer or wine. Some of the best traditional taverns can be found in the oldest parts of the capital, including La Latina, Cava Baja, Cava Alta and Cava de San Miguel.

Gastrobars

Head to Estado Puro, one of the city's trendiest gastrobars, where the bar is covered with transparent panels encasing flamenco dolls. The food is a contemporary twist on traditional Spanish fare — try a deconstructed tortilla in a shot glass, or foie gras served like an ice cream sandwich.

Traditional with a twist

La Capilla de la Bolsa in Madrid's Literary Quarter was once, in the Middle Ages, the Chapel of Santa Cruz, and later became home to the Madrid Stock Exchange. The restaurant has maintained the building's Baroque vault and original columns, allowing you to soak up hundreds of years of art history as you eat Mediterranean haute cuisine. Or have lunch at the Café de Oriente, in the vaulted basement of this former 17th century San Gil convent, with creative cuisine served in a candle-lit atmosphere.

Where to stay

The boutique Hotel de las Letras combines tradition with modern flair. Built in 1917, this newly renovated, modern space has retained its mosaics, marquises, staircases and original sculptures, and each room features high ceilings, oak flooring and natural light. Silk-screened literary quotes adorn the walls, playing homage to the world of literature. It's located in the Gran Via shopping district, at the heart of the city's Art Walk.

Art Walk

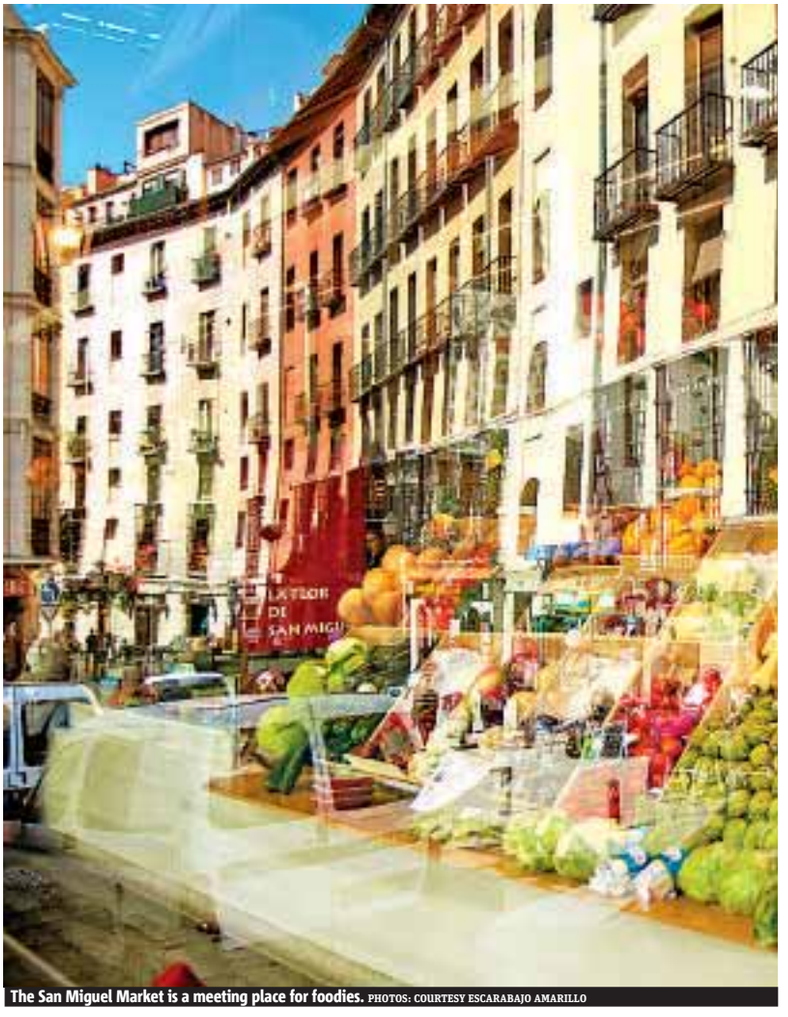
Madrid is one of the largest cultural centres in the world, and no visit is complete without going on an Art Walk. Don't miss the Big Three:

Museo del Prado: Houses 4,900 masterworks by famous Spanish artists such as Goya and El Greco.

Museo Reina Sofia: A temple to modern art with 17,000 works.

Museo Thyssen-Bornemisza: One of the best art collections in Europe, it emphasizes early 20th century avant-garde movements.

VAWN HIMMELSBACH IS A FREELANCE WRITER BASED IN TORONTO. CHECK OUT HER WEBSITE AT CHICSAVVYTRAVELS.COM.



The San Miguel Market is a meeting place for foodies. PHOTOS: COURTESY ESCARABAJO AMARILLO

How about some Spanish ham?

New Orleans, for the ladies

Good times. Women, are you ready to live The Hangover?

ALISON BOWEN
Metro World News

New Orleans has been a staple of bachelor parties for decades, but these days the ladies are taking over the city. An annual conference, Festigals, drew 400 people this summer for a women-only celebration. One of the premier hotels, the Windsor Court Hotel, boasts a female chef and female sommelier, together crafting elegant-tasting menus. And a walking tour of the French Quarter — led by a feisty 79-year-old female — drops in tales of women influencing the city. So what better place for a girls' getaway?

Stay out all night

Make sure to walk along Bourbon Street — even without Mardi Gras, it's a circus all its own. But locals will tip you toward Frenchmen Street, a chance to dart in and out of bars where local bands play all night long. This weekend, you could catch the Crescent City Blues and BBQ Festival. Top off any night with a visit to Cafe du Monde, open 24 hours a day, for the city's famous beignets and rich chicory coffee.

Eat your way through the city

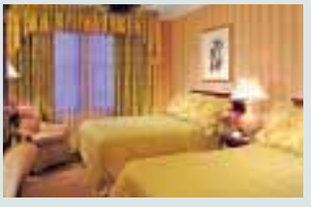
Leave the diet books at home. The waiters at legendary Arnaud's Restaurant on Bourbon Street may tell you the meals are zero calories, but that's not true — and you'll be robbing yourself of the city's best pleasures if you don't eat your way through New Orleans. The city's cuisine is incomparable — succulent shrimp often delivered straight from the Gulf, the spices are thrown together in a way New England just can't muster, and, well, what other place constantly lights its desserts on fire? The Court of Two Sisters in the French Quarter has a daily jazz brunch, with a live band in the courtyard and a shrimp-and-grits filled buffet.

Grab your shopping shoes

Explore the unique boutiques of Magazine Street, a lengthy but doable walk or a quick cab ride from the French Quarter. Places like Buffalo Exchange offer consignment-store finds, like party dresses or a floral TopShop blouse or a boom box. If your shopping can escalate to extravagant — or for a peek — stop in at M.S. Rau Antiques, where pieces range from a Russian fossilized cave bear to Monets and a vampire killing kit.

Where to stay

The Hotel Monteleone, legend says, is where the French Quarter begins. The hotel, opened by a Sicilian shoemaker more than a century ago, has hosted luminaries from Tennessee Williams to Paul Newman and Liberace. Within walking distance from delicious brunch spots and the invigorating, music-filled Frenchmen Street, the hotel is an elegant place to retire.



Richness is:
MAKING NEW FRIENDS
Scotiabank
The New Scotiabank®* Gold American Express® Card.
Earn travel rewards 4x faster[1] at gas stations, grocery stores, on dining and entertainment, so you can take those meaningful trips even sooner. Get started with 20,000 bonus travel rewards points.[2]
scotiabank.com/4xfaster
You're richer than you think.®*
Scotiabank®*
®* Registered trademarks of The Bank of Nova Scotia. ® American Express is a trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express.
[1] You will earn 4 points per $1 on the first $50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations and Automated Fuel Dispensers; Grocery Stores and Supermarkets; Eating Places and Restaurants, Drinking Places, Fast Food Restaurants; and Entertainment including Motion Picture Theaters, Theatrical Producers, Ticket Agencies, Bands, Orchestras and Miscellaneous Entertainers. Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per $1 on purchases made after you have reached the 4 points per $1 $50,000 annual spend maximum and on all other purchases made with the card. [2] The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank®* Gold American Express® card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank®* Gold American Express® card statement within two statement cycles of your first card purchase. Offer applies to new accounts opened by December 31, 2012.

DESTINATION WEDDINGS EASY WITH HELP OF TRAVEL TRAVEL

Travel Travel is a top full-service agency that can handle all of your leisure and business travel needs. Ranked No. 1 for corporate travel by Business Travel News, the company also finished in the top 10 among international corporate travel firms (and in the top five nationally) on the 2012 Travel Weekly Power List. Established in 1986, Travel Travel specializes in:

VIP (VOWS IN PARADISE) DESTINATION WEDDING CONSULTATION: Find your perfect wedding or honeymoon.

COMPLIMENTARY WEDDING WEBSITE: Keep your family and friends updated with photo albums, a blog, and contact information. Includes a free wedding/honeymoon registry. For more, go to vipweddingtravel.honeymoonwishes.com.

PROFESSIONAL TRAVEL ASSISTANCE: Custom packages for you and your guests from any city.

WEDDING CO-ORDINATOR: Once you have selected your dream destination, a Travel Travel destination-wedding specialist will match you with a wedding co-ordinator and assist with all of the documentation, preparation and guest lists required to marry in that jurisdiction.

VIP Weddings has professional relationships with wedding co-ordinators around the world.

Travel Travel frequently runs promotions and contests with prizes of cash, airline tickets, and merchandise.

Check out their current destination-wedding contest at ttravel.com and you could win $1,000 in cash.

With more than 130 years in combined travel-consultation experience, the agents at Travel Travel have the knowledge and expertise you need to get the value and quality you want in a cruise, all-inclusive, adventure or specialty vacation (such as Disney, Sandals, or a destination wedding). Call them at 800-999-3688 and learn how they can make your travel dreams come true.

When you include Travel Travel, you travel better.

CONTRIBUTED

A BETTER WAY TO BUY A WEDDING DRESS

Diamonds Are a Girl's Best Friend takes a fresh approach to the age-old challenge of buying a wedding dress: Attentive, one-on-one service in a no-pressure atmosphere. Potential customers notice the difference from the moment they arrive at the store (1808 Main St. in Winnipeg's Garden City neighbourhood), according to owner Laurie Goodridge.

"Well, first of all, if they don't have an appointment, they'll likely find the door locked," she says. "I set aside a minimum of 90 minutes to consult with each new customer. During that time, I lock the door and don't answer the phone. And I tell them that they will not buy a dress today."

The initial consultation focuses on identifying a bride's style and preferences, a process that often involves trying on a few of the 150 dresses Laurie Goodridge keeps on hand. She encourages customers to take lots of pictures.

Another refreshing aspect of Diamonds are a Girl's Best Friend is that all wedding gowns carry the same moderate price tag: $500. Every dress is made to order. And with a wealth of supplies to choose from, the store offers hundreds of designs in more than 100 colours.

Diamonds are a Girl's Best Friend also carries jewelry, along with accessories, such as veils and handbags. After five years in business, Goodridge attributes her success to attentive service and a good sense of humour.

"It's an exciting, stressful time in a woman's life," she says. "We make it fun by helping her create her own version of the perfect wedding dress."

To book a consultation, call 204-981-4594.

FIND THE ONE AT STELLA'S

BRIDAL BOUTIQUE COMMITTED TO CUSTOMER SERVICE

Stella's Bridal & Evening Collections remains Winnipeg's premier bridal boutique thanks to an unwavering commitment to attentive customer service and top-quality merchandise. For more than 29 years, the shop has helped women look their best for weddings, proms and other formal events, with a vast selection of dresses and gowns, along with accessories such as shoes, jewelry, gloves and veils. Stella's also rents finishing touches, such as expensive fur coats and stoles, and sells outfits for ring bearers and flower girls.

Stella's, located on Portage Avenue across from the University of Winnipeg, is a comfortable, welcoming and spacious boutique with approximately 1,000 gowns and dresses in stock at any given time. Along with the exclusive collections of internationally renowned designers such as Justin Alexander, Alfred Sung, Maggie Sottero and Pronovias, the shop also carries dresses and gowns at a variety of price points.

"Our business model focuses on being able to provide every woman with a dress that suits both their style and their pocketbook," says store manager Lindsay Girouard. "We help a woman 'find the one.'"

As a member of the U.S.-based National Bridal Service, Stella's can order virtually any gown advertised in North America. Unsurpassed customer service is just as important, according to floor manager Mara Pellettieri.

"We work closely with a customer to help define her style and create a look that reflects her unique beauty," she says.

For best results, brides-to-be are encouraged to gather pictures of looks they prefer and to bring these along to an initial consultation. During the appointment, an experienced consultant will review the images, identify elements of the woman's style, and have her try on a variety of gowns.

It takes most manufacturers up to eight months to create a wedding dress, although Stella's can also tailor an in-house dress in less time.

This weekend (Oct. 20-21), Stella's hosts a massive sample sale, with savings of up to 90 per cent off the regular price of all sample bridal gowns, headpieces, veils, accessories, shoes, bridesmaid's dresses and evening wear. The store has priced some gowns as low as $99 to clear space for new arrivals.

TOP-NOTCH SERVICE

All members of Stella's sales staff are knowledgeable veterans with at least six years of experience in the bridal industry. Women who book appointments are guaranteed uninterrupted, one-on-one professional service. Stella's seamstresses are SARTA-trained to ensure a picture-perfect fit for your special occasion.

Rygiel
PHOTOGRAPHY & VIDEO
the most fun you'll have in a day
rygielphotovideo.com
204.254.6813
ANNIVERSARY SAMPLE SALE
SAVE UP TO 90% OFF!
Sat, October 20, 10-5pm
Sun, October 21, 12-5pm
Gowns Starting at $99!
Everything in the store on sale 30-90% off!
SAVE UP TO 90%
on all sample bridal gowns, headpieces, veils, accessories, shoes, bridesmaids dresses, evening wear, & grad dresses from top designers at
STELLA'S ANNIVERSARY
BLOW OUT SALE!
Stella's
BRIDAL & EVENING COLLECTIONS
find the one
516 Portage Avenue - 204-453-9253 - www.stellasbridal.com

Student Voice

'My life has only just begun'

Jake Choi
Graduate
Bachelor of Arts in Economics/Business
University of Waterloo

TalentEgg.ca

I've completed four co-op work terms, including positions in financial analysis, project management, and real estate industries assessment. I've been applying to jobs on the University of Waterloo's campus recruitment website (JobMine) as well as reaching out to people that I know and applying online.

It has been very frustrating because I have not received any interviews using online applications, and received only a few using JobMine for graduate positions. Even so, I have a tough time beating the competition as most students are either better at interviews or have more relevant experiences.

I returned to one of the employers for my co-operative work term, but I'm planning to transfer into the industry that I want to be in which is banking and finance. I've been discouraged so many times through countless rejection emails and I've lost hope. But in the end, I realized that my life has only just begun! I don't expect this process to be easy to be resolved, I will be relentless until I find the dream job I desire.

I am actively seeking open job opportunities. At the same time, I am putting more effort into contacting previous managers to seek personal recommendations which will increase my chances.

Where I am now

I just finished up my bachelor's degree and returned to one of my previous employers. However, I'm planning to transfer into the financial industry because I'm interested in pursuing my CMA designation.

My advice for employers, career centres and schools

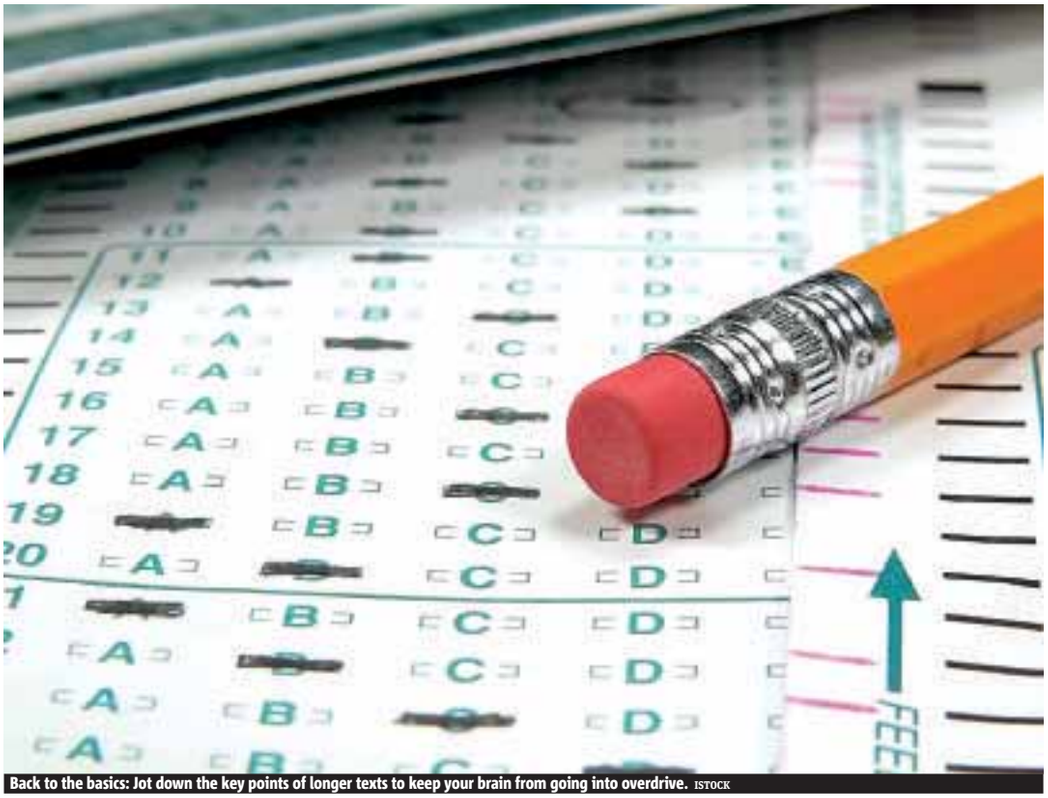
I feel so limited in terms of which positions I can apply for. Even if I apply for entry-level positions, some demand exceptional skill sets; however, if there was a room for potential candidates to be groomed, that would be even better and encourage for students like myself to apply more often.

My recommendations for students

Everyone is a bright minded individual, and I bet any one else is far smarter and more agile than me. I encourage you to keep applying and remember to use your work relationships to your advantage. I found that using networking skills is far more effective than randomly applying online.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

Master of the midterm



Back to the basics: Jot down the key points of longer texts to keep your brain from going into overdrive. ISTOCK

Study these secrets.

Translating, talking and tracking down a nest all part of the perfect test strategy

LEAH RUEHLICKE
TalentEgg.ca

Studying can be tough — especially if you have multiple tests, exams or midterms to study for at once.

It's easy to fall asleep with your textbook on your face, or focus more on perfecting that homemade apple crisp than perfecting your math formulas.

Everyone has their own best practices when it comes to studying, so we asked around to find some common strategies for success when it comes to burying yourself in your books.

Find your study spot

The first step to successful studying is finding a spot that is study-specific and has limited distractions. You might even want to disconnect your WiFi and put your phone on airplane mode for an hour or two. Crazy, I know, but it will help you stay focused.

Review the main concepts

Reading through your notes and refreshing your memory on major concepts will make filling in the details later on that much easier. There's no sense in memorizing the dates of John Cabot's discoveries if you can't even recall what he did.

Change up the lingo

Reviewing concepts by using everyday language ensures you understand it. Furthermore, doing this helps you remember things more easily.

For example, if your philosophy textbook reads, "Relativism is the concept that points of view have no absolute truth or validity, having only relative, subjective value according to differences in perception and consideration," an easier way of saying this might be "Relativism means that your point of view is only your personal perception, and has no absolute truth or validity."

Speak out loud

Calling Helgason, a second-year Biology student at Trent University, says when she doesn't understand a concept she reads it out loud. "Talking through my notes breaks down the concepts and makes it easier to understand," she says.

This was a personal strategy of mine as well. I would pretend I was explaining something to someone else and, in turn, ended up learning it myself — a tad embarrassing when the roommates walked in, but the good grades made up for my rosy cheeks.

That being said, be aware of your surroundings. This might not fly too well in the quiet section of the library, but on your porch it's A-OK.

Rewrite your notes

Sandy Silveira, a student in the early childhood education program at Ryerson University, says when she studies she likes to write things out as well as saying them because it helps her remember them better.

Julie Dang, a Mathematical Science student at Western University, echoes this idea by stating that her strategy is to flip back through her textbooks and focus on everything that she highlighted when she initially did her readings. Then she writes out all the terminology and various formulas. "I do study questions over and over and over again," Julie says.

"I review my notes, and then I do more questions. Constantly practicing the formulas is the best way to remember them."

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Take breaks

Relax to retain

- You can't run on the treadmill for hours on end and your brain can't work out for that long either. It needs a break (Tetris, anyone?) as well as hydration (water, coffee and perhaps even an ice cream cone?).
- Allow your brain time to refresh and when you come back to the books, quickly recap what you learned before your break. This will make it stick even more.

Do you want sales or excuses?

Sandler Training
Finding Power In Reinforcement®

Training • Coaching • Consulting
204-668-2803

Make the grade: don't trade in that much-needed scholarship for a sloppy, sundown-to-sunrise social life. ISTOCK

Quit coasting: Make a mark on your future

Keep up the good work. Collecting As and Bs can result in rewards from unexpected places

JESS TAYLOR
TalentEgg.ca

After high school, most people are told it doesn't matter whether you get Cs or As in college or university, as long as you get that diploma or degree. However, while you're striving for that qualification, keeping your marks up can open more doors than you think.

During most of high school, I balanced work, a band and good grades, so I learned good study habits, which I brought with me to university.

Instead of partying, I would study. This might sound boring and not like the university life many people imagine, but I still had time for a social life as well. Every weekend I would go home from residence to play shows and chill with my band mates and boyfriend while at concerts. During the week, I saw my boyfriend usually for two days in a row. I just made sure I had time to do the work required to maintain my good grades.

More than just a letter

"I thought scholarships and getting into that program was all high marks were good for..."

Jess Taylor

During my second year of university, it was even more important for me to get good grades. I had my eye on the creative writing program at York, which required — along with an impressive portfolio of work — at least a B+ average, but mostly As if you wanted to ensure you were accepted. I was also striving to get scholarships.

I thought scholarships and getting into that program was all high marks were good for, but since then a couple of things have changed.

First, I decided I want to go to grad school after completing my undergrad. An MA or a PhD opens some doors in the job market, but even having an Honours BA, which requires a level of achievement in grades, may set me apart.

Then the emails started coming. Like most students, I thought the university didn't recognize me and the hard work I do, but I was wrong!

During the end of my second year, I was told about a special scholarship I could apply for, and more recently, I have been getting volunteer job offers from the university for mentoring new and returning students and leading orientations. These positions take very little time and look great on your resumé whether your goal is grad school or an entry-level job.

To receive these offers I didn't need straight As, just a B+ average. I think this is obtainable for most students with good study habits.

So keep those marks up! You never know what opportunities they will give you.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Start a career you will love! Become a
TRAVEL COUNSELLOR

why Robertson College?

- CITC endorsed program
- One week Familiarization trip
- Student Laptop program
- Half-day classes
- Career Services

scan QR code for more info!

classes start soon! Call now -
204.800.7933
www.robertsoncollege.com
ROBERTSON COLLEGE

Take control of your future

Unemployed? Receiving or eligible for EI Benefits? Or had a claim for regular benefits in the past 3 years, maternity or parental in the past 5 years. Dream of Being Your Own Boss?

The YMCA-YWCA Self Employment Program offers training, mentoring and financial support to help you make your dream come true.

YMCA-YWCA of Winnipeg
Building healthy communities

For more information or to determine your eligibility, call 204-989-5860 today!

www.ywinnipeg.ca

Funding provided by: The Government of Canada The Manitoba Government

Maple syrup and cinnamon bring out the sweet side of root vegetables

Baked Root Vegetables with Maple Syrup and Cinnamon

This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Baked root vegetables are a real comfort side dish during the colder months. Use other varieties of your favourite vegetables such as turnips or rutabagas. You may need to add a little more maple syrup since these vegetables tend to be less sweet.

1. Preheat the oven to 425 F. Line 2 baking sheets with foil and lightly coat with cooking spray.

2. Arrange the sweet potatoes, potatoes, squash, onion, parsnips and beets in a single layer on the lined baking sheets. Lightly coat with cooking spray. Bake in the centre of the oven for about 25 to 30 minutes, turning after 20 minutes or just until browned and tender. If the trays are on separate racks, switch their positions halfway through the cooking time. Bake the beets an extra 10 minutes, or until fork tender. Place the vegetables on a large serving platter.

3. To make the dressing, whisk together the olive oil, vinegar, maple syrup and cinnamon in a small bowl. Pour the dressing over the roasted vegetables. Garnish with parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb sweet potatoes, unpeeled and cut into wedges
- 1 lb Yukon Gold potatoes, unpeeled and cut into wedges
- 1 lb butternut squash, peeled and cut into 2-inch pieces
- 1 large sweet yellow onion, cut into 8 wedges
- 2 large peeled parsnips, cut into 2-inch pieces
- 2 peeled beets, cut into 1-inch pieces

Dressing

- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 2 tbsp maple syrup
- 1/2 tsp cinnamon
- 1/4 cup chopped parsley

Drink of the Week

Orange Haze for those fall nights

This not-so-kid-friendly murky and thick "orange haze" blends orange liqueur, chocolate liqueur and honey. It's perfect for the fall.

This recipe serves one.

- 3/4 oz orange liqueur
- 3/4 oz milk chocolate cream liqueur
- 1/2 tsp honey
- Orange zest, to garnish

Pour the orange liqueur into a shot glass. Very slowly pour the chocolate liqueur down the side of the glass, then drizzle the honey over the top. Garnish with orange zest.

THE ASSOCIATED PRESS

A new approach to getting them to eat their veggies

Recently, for two weeks, I made it my mission to improve my 8-year-old son's tolerance of vegetables. I called it "veggie boot camp." He called it torture.

My approach was simple. Every lunch and dinner I prepared at least three vegetables. Of those, he needed to select and consume two of them.

While the vegetable boot camp was hardly a pleasant experience for anyone involved, it did result in real progress. After two weeks, my son now regularly eats vegetables at every lunch and dinner. He doesn't do it enthusiastically, but he does it. At this point in our lives, I'm good with that.

Early in the process, I found that roasting just about any vegetable dramatically improved my son's response to it.

This makes sense. Roasting concentrates flavours and caramelizes the natural sugars in produce. So to help other parents with veg-averse children, here is one of my son's favourite (by which, of course, I mean most likely to be gagged down) roasted vegetables.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 pints cherry or grape tomatoes
- 2 tsp kosher salt
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1/2 tsp ground black pepper

Roasted Balsamic Cherry Tomatoes

Don't be put off by the amount of salt in this recipe; much of it drains off before the tomatoes are roasted. Salting the tomatoes helps draw out excess water, producing a better roasted tomato. These tomatoes can be served on their own as a side dish, or over pasta for a simple (but delicious) sauce.

1. Slice the tomatoes in half, then set them in a strainer. Sprinkle the salt over the tomatoes, then gently mix. Place the strainer in the sink or over a bowl and let sit for 15 minutes.

2. Meanwhile, heat the broiler. Line a rimmed baking sheet with foil.

3. Give the tomatoes a shake to discard any liquid that has accumulated in the strainer. Transfer the tomatoes to a medium bowl. Add the remaining ingredients and toss well. Transfer the tomatoes to the prepared baking sheet, arranging them in an even layer.

4. Broil on the centre rack for 4 to 6 minutes, or until the tomatoes begin to brown and soften. Serve immediately.

THE ASSOCIATED PRESS

Roasted Veg Soup. Bring out those nutty flavours

1. Heat the oven to 400 F.

2. In bowl, combine onions, zucchini, summer squash, carrots and potatoes. Drizzle vegetables with the oil, then sprinkle with salt, black pepper and the cumin. Toss to combine.

3. Spread the vegetables evenly over 2 rimmed baking sheets. Roast until tender and browned, 30 to 40 minutes.

4. Working in batches, transfer the vegetables to a blender and purée until smooth. For each batch, pour in a bit of the broth to help puree.

5. As each batch is puréed, remove any fibrous bits by pouring it through a mesh strainer and into a large saucepan. When all of the batches have been strained, set the saucepan over medium heat. Stir in any remaining broth and bring to a simmer. Season with salt and pepper, then ladle into bowls. Garnish with sour cream or yogurt and chopped herbs.

THE ASSOCIATED PRESS

Ingredients

- 2 large yellow onions, cut into wedges
- 2 medium zucchini, diced
- 2 medium summer squash, diced
- 4 large carrots, peeled and diced
- 2 medium potatoes, peeled and diced
- 2 tbsp vegetable oil
- Salt and ground black pepper
- 1/2 tsp ground cumin
- 1 quart low-sodium vegetable broth
- Sour cream, to serve
- Chopped parsley, to serve

Carlos Costly, centre, celebrates after scoring while Canadians Edgar David, left, and Nikolas Ledgerwood hang their heads during a World Cup qualifying match on Tuesday in San Pedro Sula, Honduras. The 8-1 loss eliminated Canada from the 2014 World Cup. ESTEBAN FELIX/THE ASSOCIATED PRESS

Canada humbled by halftime in Honduras

Soccer. Coach Hart considering his future after lopsided loss

World Cup qualifier

Honduras	Canada
8	1

Canada's World Cup dreams were snuffed out in brutal fashion Tuesday as Honduras put them to the sword 8-1 in a do-or-die qualifying match.

It's a bitter pill to swallow for a Canadian team that went into the match with its fate in its own hands and the unswerving belief that it deserved to move on. That is until Tuesday, when the wheels came off the Canadian bus in a shocking display.

Canada entered the hostile confines of a soldout Estadio Olimpico Metropolitano knowing that a tie or win would be enough to move on to the final round of qualifying in the CONCACAF region, which covers North and Central America and the Caribbean. The Hondurans, looking to please their fans on an extended national holiday, needed a win.

Asked if the moment had got to his team, Canadian coach Stephen Hart offered a one-word answer — "Yes."

"You're supposed to go down all guns blazing, you're supposed to fight," he added. "You're supposed to die out there.

"We were horrible.... It's disturbing to me that the team fell apart."

It was Canada's worst loss since an 8-0 drubbing in Mexico in 1993.

Honduras' speed and clinical finishing — combined with Canada's clown-like defending — ended the suspense very early, racking up four goals in a 25-minute span to lead 4-0 after just 32 minutes. The Central Americans made it look easy against a sluggish Canadian side that simply wasn't up to the challenge.

Substitute Iain Hume scored a consolation goal off a nice free kick in the 76th minute

Hart said personally he thought he had done his best but could have to consider his future in the wake of the "crushing" result.

"All I can do is ask the fans' forgiveness on behalf of the players," said the coach, who has six months remaining on his contract. "I know they'll never forgive me but on behalf of the players, forgive them."

Reminded he was not on the field, Hart said: "It's my responsibility." THE CANADIAN PRESS

Quoted

"We pretty much embarrassed ourselves."

Canadian midfielder Julian de Guzman

NHL

Oilers refuse to meet with city for arena debate

City councillors set to decide the fate of a new arena for the Edmonton Oilers on Wednesday will do so without the help of the NHL team.

In a letter sent to the city, Oilers owner Daryl Katz said he and his officials will not appear at city council to explain why they need millions of dollars more in public funding for the rink.

Katz said there is no point meeting because there are too many outstanding issues to be resolved. THE CANADIAN PRESS

NFL

Late lapses cost Eagles' Castillo co-ordinator role

Consecutive blown fourth-quarter leads have cost Juan Castillo his job as the Philadelphia Eagles' defensive co-ordinator.

Castillo was fired Tuesday and replaced by secondary coach Todd Bowles.

Coach Andy Reid dismissed his longtime assistant who was surprisingly switched to defence after 13 seasons coaching the offensive linemen. Castillo was with the Eagles for 18 years, longer than any coach in franchise history.

THE ASSOCIATED PRESS

Juan Castillo
THE ASSOCIATED PRESS FILE

MLB. Giants manager says Scutaro likely to play Game 3

San Francisco Giants manager Bruce Bochy calls it a "good chance" second baseman Marco Scutaro will play in Game 3 of the NL championship series against the Cardinals on Wednesday after injuring his hip during Monday's Game 2.

Bochy said in a text message to The Associated Press on Tuesday that Scutaro is "doing fine."

Scutaro strained his left hip when the Cardinals' Matt Holliday crashed into him with a hard slide in Game 2 on Monday night.

THE ASSOCIATED PRESS

Second baseman Marco Scutaro grimaces as his leg is caught under a sliding Matt Holliday on Monday in San Francisco. THE ASSOCIATED PRESS

CFL

Als' Emry takes two weekly awards

Montreal linebacker Shea Emry picked up a pair of CFL weekly awards for his standout performance in the Alouettes' big win over division rival Toronto last weekend.

Emry picked up top defensive player and top Canadian honours. The native of Richmond, B.C., registered four tackles, one sack and one interception as the Als moved four points up on the second-place Argos in the East Division with a 24-12 win. THE CANADIAN PRESS

NFL. Owners approve sale of the Cleveland Browns

The sale of the Cleveland Browns to Jimmy Haslam III was unanimously approved by NFL owners Tuesday, and team president Mike Holmgren will be leaving the Browns at the end of the season.

A person familiar with the sale told The Associated Press that Joe Banner has been hired as CEO of the Browns to replace Holmgren. The person spoke on condition of anonymity because Banner's hiring and Holmgren's departure have not been announced.

Price tag

$1B

Jimmy Haslam bought the Cleveland Browns from Randy Lerner for $1 billion US.

Haslam, who built his fortune with Pilot Flying J truck stops, has been a minority owner of the Pittsburgh Steelers, but divested that stock to buy the Browns.

THE ASSOCIATED PRESS

Canada WIDE Vehicle Finance Ltd. IS NOW RIDETIME Your ticket to ride!

0% O.A.C. ON ALL USED VEHICLES

CarProof VEHICLE HISTORY REPORTS
CARPROOFS ON EVERY VEHICLE

2012 DODGE JOURNEY SXT

ONLY $132 BI-WEEKLY

ALLOY WHEELS

2011 CHEVY EQUINOX LT

ONLY $125 BI-WEEKLY

AWD, BACKUP CAMERA

2012 DODGE GRAND CARAVAN SXT

ONLY $118 BI-WEEKLY

STOW-N-GO, REAR HEAT & A/C

2012 FORD F-150 XLT ECOBOOST

ONLY $193 BI-WEEKLY

CREW, 4X4, 3.5L V6 ECOBOOST

BLOWOUT SPECIALS!

2009 DODGE JOURNEY R/T

ONLY $135 BI-WEEKLY

AWD, 7 PASSENGER, LEATHER, NAV

2009 NISSAN VERSA

ONLY $84 BI-WEEKLY

ONLY 33,678 KMS

2009 HONDA CR-V LX

ONLY $129 BI-WEEKLY

ONLY 43,726 KMS, AWD, ALLOYS

2009 TOYOTA CAMRY LE

ONLY $99 BI-WEEKLY

POWER WINDOWS & LOCKS, A/C

ALL PAYMENTS O.A.C. TAXES AND FEES EXTRA 0% AVAILABLE ON A SPLIT AMORTIZATION TERM, 2009-2010 12/72 MONTHS 2011-2012 12/84 MONTHS. DEALER #4080

INFO@RIDETIME.CA

RIDETIME.CA

715 Pembina HWY. 866-638-3347

87 Oak Point HWY. 866-603-9392

View Our Inventory »

CREDIT ISSUES? VISIT CREDITREBUILD.CA

Let the Elantra excite you

ALL PHOTOS WHEELBASE

2013 Hyundai Elantra GT

- **Type.** Four door, front wheel drive, compact hatchback.
- **Engine (hp).** 1.8-litre DOHC I4 (148).
- **Transmissions.** Six-speed manual, six-speed automatic (optional).
- **Base Price (incl. destination).** $20,650

The standard - and only - engine is a 148-horsepower 1.8-litre four-cylinder.

Transmission

The GT as well as the rest of the Elantra trio, operates with a 1.8-litre four-cylinder engine that produces 148 horsepower and 131 pound-feet of torque. The peppy mill is rated at 7.2 l/100 km in the city and 4.9 highway when connected to a six-speed manual transmission, and 7.3/5.0 with optional six-speed automatic.

Styling

An added bonus is the GT's slippery-shaped design that rivals the Coupe's, although all three Elantras are handsome rigs in their own way. The GT's Hyundai Veloster-style open-mouth grille/air intake resembles the Coupe's, with both body styles eschewing the sedan's more conservative schnoz.

Fuel economy

Hyundai claims the GT possesses about a 720-kilometre maximum range, which is as much a function of gas-tank size as it is fuel economy. It also doesn't hurt that, at a relatively light 1,265 kilograms, the GT is 70-90 kilograms lighter than its primary rivals.

Review. New GT isn't as big as the Touring but it speaks our kind of language: design language

MALCOLM GUNN
Wheelbase Media

If a hatchback is on your radar, the Hyundai Elantra GT with its "Fluidic Sculpture" design language might prove to be the right thirst-quencher.

In a world gone mad for small, fuel-efficient cars – not surprising given today's pump prices – Hyundai's compact line-up attempts to cover the bases. If your search involves acquiring a vehicle with purposeful practicality, the new Elantra GT might fill the bill just as easily as you can fill its flexible-stowage area.

The GT fills the void left by the departing Elantra Touring model, but not in the most direct way. Although neatly styled, the Touring was first and foremost a wagon, while the more rounded GT is definitely hatchback-oriented. Yes, the lines between hatch and wagon tend to get a bit fuzzy, but with about an 18-centimetre deficit in overall length and 20 per cent less total cargo space the GT qualifies as a hatchback.

In back, a 60:40 split rear bench folds relatively flat. By Hyundai's slide rule, the GT has more cargo and passenger room than several of its peers, including the Golf, Ford Focus and Mazda3 hatches.

For serious drivers, the GT's firm suspension with stiffer springs, shocks and stabilizer bars is definitely appreciated.

Then there's the accessory packages if your pockets are deeper that bundle a panoramic sunroof, rear-view camera leather seats and other trinkets. Selecting a hatchback and sprinkling it with some performance-like attitude seems like a tempting way to go about your business and that applies to the Elantra GT, which also thumbs its nose at gas pumps while toting life's treasures, human and otherwise.

Hyundai has become as proficient at tidy interior design as it has at the outside details.

It's shorter than the Elantra Touring it replaces, but with this kind of high style it's unlikely that anyone will miss the space.

By comparison

1 Kia Forte5
Base Price: $18,300

2 Volkswagen Golf
Base Price: $21,400

3 Ford Focus hatchback
Base Price: $21,150

Taking the test: Honda offers up some real-world hybrid Insight

AutoKnow. Today's crossbreeds appear good on paper, but how do they handle the open road?

JOE KNYCHA
Wheelbase Media

The Insight looks like a normal compact car because it is, and then some. It just adds an electric helper motor to assist accelerating the vehicle. ALL IMAGES WHEELBASE

It's widely known that hybrid vehicles shine brightest in high-density stop-and-go traffic, achieving in the process low fuel consumption and ultra-low greenhouse-gas emissions. That's because the built-in electric motor helps the gas engine get the car rolling.

But how are they on the open road? More to the point, how do they fare in wide-ranging road traffic? Can they cover great distances in comfort yet deliver a decent ride without working their little hybrid hearts into a state of mechanical coronary?

In an attempt to answer the bigger questions of the universe, Honda surrendered a new-generation Insight hybrid for an outing through the rugged Precambrian shield running alongside Lake Superior, which borders Michigan. The average speed was about 100 km-h over 10 hours with frequent scenic stops along the way; the road climbs and drops majestically, all the while snaking along Superior's craggy shores.

Spirited driving isn't the point of the Insight and so, responsibly, we steadfastly minded speed limits and drove in as smooth a manner as possible with lightly applied throttle inputs to probe its higher-speed fuel economy. The gasoline/electric drive system, though able to deliver near-brisk performance if required, is in its element when the driver strives for economy and smoothness.

The Insight actually assists in this effort through in-dash displays that show: fuel consumption; when it's running on gas, electric or both; and when the on-board batteries are being re-charged, capturing the Insight's rolling (kinetic) energy through "regenerative" braking, and when decelerating. Another readout displays a five-branch tree that rates the green-ness of the drive: the branches disappear or come back based on how aggressively the throttle is used. Push a little harder and the light that bathes the instrument panel blends to blue from green, returning to green when pressure eases. It's subtle and quietly keeps one mindful.

The 1.3-litre (that's just 79.3 cubic inches) four-cylinder gas engine has a single overhead camshaft, two valves per cylinder and variable valve timing. Driving the front wheels, it's small by conventional reckoning, but mated to Honda's fifth-generation Integrated Motor Assist (IMA) hybrid system, it carries the freight, operating quietly, seamlessly and effortlessly. Sitting silently at the stoplights with the gas engine automatically shut down, you wouldn't think the Insight would win any drag races, but it does acquit itself well against other vehicles in its class. Acceleration can approach brisk when the throttle is pressed deep into the pile carpet mats, useful for passing maneuvers and when accelerating onto fast-moving freeways, but not so much for extending fuel economy.

Weight is typically the enemy of fuel economy, so it's with some irony that the IMA adds almost 25 kilograms over a comparably equipped Civic, yet gives superior fuel economy, which speaks well of the system's efficiency. Throughout the drive, fuel economy hovered mostly around the 5.0-l/100-km mark. After a while, it becomes almost obsessive to see how low you can drive the consumption, and for how long at a time.

The interior accommodates four average-sized adults. The front bucket seats are firm and began to feel that way after several hours. The dash and controls are well placed and functional though overhead glare on the spade-shaped cover at the top of the instrument panel was visible several times throughout the drive. The thick rear pillars that taper back to the tidy aerodynamic rear end make backing up an exercise in neck-craning, and the view through the rear-view mirror is

Under the hood

Burning regular gas, the engine rates at 88 (hp) at 5,800 rpm, with torque at 123 pound-feet at 4,500 rpm. When engaged, the IMA adds up to 13 more horses at 1,500 rpm and a further 58 pound-feet of torque to the mix. Unlike the Toyota Prius, the Insight fails to operate on electric power alone. When accelerating, the gas engine is always running, given a boost by the IMA.

The Insight can't run on electric power alone like the Toyota Prius can.

With the back seats folded flat, the seemingly small hatchback swallows a surprising amount of cargo, an essential quality for out-of-city driving. With the rear doors open and the hatch lid raised, loading

When the first-generation Insight beat all other hybrid-powered vehicles to market more than a decade ago, it launched a terrific idea, but in a body style that while looking sleek and futuristic, didn't

two-seater coupe, it had limited cargo space and didn't fit many lifestyles.

Starting at about $22,000, the Insight offers all the functionality and then some of a compact sedan.

FORD CHEVROLET DODGE GMC CHRYSLER KIA TOYOTA CADILLAC
Apply online @ 1-877-796-0505
AutoMallFinance.com
NEW & USED
GUARANTEED APPROVAL ALL LEVELS OF CREDIT
NEED A CAR
NEED FINANCING
NEED A GREAT DEAL
100'S OF VEHICLES AT SALE PRICES!
VANS STARTING@$89 B/W
CARS STARTING@69 B/W
TRUCKS STARTING@$119 B/W
SUV'S STARTING@$99 B/W
What's your trade worth? Check it now @ AutoMallFinance.com
IF YOU CALLED US YESTERDAY, YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

Searching for second-hand gold? Choose your Quest wisely

Second Gear. 2004 to 2009 Quest minivan

ALL PHOTOS HANDOUT

For the 2004 model year, the Quest minivan hit the market with dual sliding doors, generous cargo capacities, and an even more unique, distinctive design than its predecessor.

Features included tire pressure monitoring, alloy wheels, power heated leather seats, a power tailgate, sunroof, heated mirrors, Bose audio, a self-dimming rearview mirror, power accessories, power-adjustable pedals and more.

Common Issues

Listen to the engine idle, after confirming its oil level and condition are satisfactory. Rattling sounds at idle or lower revs may be indicative of a rare but relevant timing-chain problem that's expensive to fix. This seemed to affect 2004 models, mostly.

Timing chains generally don't require maintenance as long as oil change schedules are strictly adhered to. Be sure that's been the case for the used Quest you're considering. Some owners have reported premature wear of consumable parts, like brakes, so note that a 'shimmying' sensation in the front end during braking indicates a brake job is likely in your Quest's future. Power tailgate and power sliding door mechanism failure may be other issues, alongside a water-leak that could be evidenced by moisture in the headliner.

What Owners Like

Typically, Quest's styling, unique design, sky-view roof system and upscale interior looks are highly rated by owners. Spaciousness, handling and overall comfort are also mentioned.

What Owners Dislike

Owner complaints deal with flimsy interior trim, poorly thought-out cupholder layout, limited third-row space and poorer-than-expected mileage.

Engine

All models come equipped with a 3.5 litre V6 with 240 horsepower driving the front wheels through an automatic transmission.

Verdict

To maximize the likelihood of reliable long-term operation, skip used Quest models with the sunroof, power sliding doors and power tailgate where possible.

A peek inside the Quest

LET PLATINUM AUTO FINANCE
DRIVE YOU FORWARD!

LOCATED INSIDE PRAIRIE FIAT DEALERSHIP
ASK FOR GAVINO OR BOB

Platinum Auto Finance

GET PRE-APPROVED TODAY AT: WWW.PLATINUMAUTOFINANCE.CA
AND GET DRIVING FORWARD TOMORROW OR CALL US FIRST

1-855-726-2489
222 Pembina Hwy
www.platinumautofinance.ca

NEW TO CANADA? NO CREDIT? BAD CREDIT?
OUR LOAN CONSULTANTS REVIEW EVERY LOAN APPLICATION PERSONALLY. BEFORE YOUR LOAN IS SUBMITTED TO ANY LENDER. WE CAREFULLY REVIEW ALL FACTORS SURROUNDING YOUR LOAN. THIS GIVES US THE ABILITY TO MATCH YOUR NEEDS WITH THE RIGHT LENDER AND GET YOU DRIVING FORWARD.

100% COMMITTED TO YOU!

Blistering Bloodhound could eclipse famous faller Felix in 2014

Land speed record. British team will try to beat Baumgartner's gravity-pulled speed with blue torpedo-like vehicle in the desert

AUTO PILOT
Mike Goetz
drive@metronews.ca

Want to go faster on Earth than skydiver Felix Baumgartner did returning to Earth? Then you'll have to get something like the Bloodhound rocket car. CONTRIBUTED

Like millions, I was awestruck by the images of Felix Baumgartner on the steps of his capsule, 39 kilometres above the Earth — a height that reveals the curvature of our planet and the blackness of space. Then he jumped. Wow.

His moment of release had to be one of the wildest and conflicted sensations ever experienced by a human.

But it was only the prelude. Then he accelerated to 1,342 km/h (834 mph)! That's a crazy number for a thing not attached to jet power.

It's also quite faster than the existing land speed record. A British team and its Thrust SSC rocket-car, hold the record, at 763 mph. That was over 15 years ago and speaks to how difficult is it to get a human going that fast down here on earth.

The same British team is planning another "go" in 2014, with its new rocket car, the Bloodhound. Last time they went after the sound barrier. This time they're shooting for 1,000 mph. To make that happen Bloodhound's rocket is designed to generate 27,500 pounds of thrust, the equivalent of 80,000 horsepower.

Felix Baumgartner had zero horsepower, zero thrust. His speed was simply another reminder of gravity's immense power, and another opportunity to ponder about harnessing it for our energy needs.

A gravity-engine under the hood of your Ford? Don't hold your breath. For starters, gravity engines are so far only theoretical. Apparently there are a couple of laws of physics spoiling the reality party. Secondly, these theoretical engines are taller than they are wide, for obvious reasons, and not at all cool looking. I wouldn't sign up for one on aesthetic reasons alone.

And thirdly, gravity is actually a weak force. It worked on Felix because he was so small, and the big old Earth was so big. So if we ever do use it for transportation, it would be on the mass transit side. The most bizarre concept utilizing gravity has to be the Gravity Train proposed by British scientist, Robert Hooke, sometime in the 17th century. He proposed a series of tunnels drilled through the Earth. One could connect Spain with New Zealand for example. A train entering the tunnel at either end would accelerate toward the centre of the earth, and then gradually decelerate after the halfway mark. According to Hooke's calculations, if the train operated in a frictionless environment it would reach the surface at the opposite end of the tunnel at the exact moment its speed reached zero.

Even less ambitious proposals for harnessing gravity power seem far-fetched. Most people believe that if we haven't figured it out yet, it's not going to happen. This is essentially the same argument about time travel — we never solve time travel, because no one from the past or future has visited us here in the present. I don't buy it… There was this creepy guy I saw at the mall once. I'm sure he was from the 1980s, he just didn't know it. So there's hope for gravity engines too.

AS EXHILARATING AS IT IS AFFORDABLE.
Every Certified Pre-Owned Mazda we sell comes with warranties and guarantees to ensure that you drive away fully satisfied in a quality vehicle that you can depend on.

0.9% APR‡
SEE DEALER FOR DETAILS

CERTIFIED PRE-OWNED
160-Point Detailed Inspection
7-Year/140,000-Kilometre Limited Powertrain Warranty†
24-Hour Emergency Roadside Assistance
30-Day/3,000-Kilometre Exchange Privilege
CarProof® Vehicle History Report
Zero Deductible
Available Extended Coverage

CRAFTED. ENGINEERED. CERTIFIED. zoom-zoom
mazda

†Coverage begins from the original new retail sale date and covers 7-years/140,000-kilometres, whichever comes first. ‡0.9% APR only for well qualified buyers; not all buyers will qualify. Amount of down payment and other factors may affect qualification. 0.9% APR available on all models and all qualifying model years (the 5 model years immediately preceding the date of this advertisement, or newer) for up to 24-month terms. Based on a representative example of $15,000 financed at 0.9% over 24 months equals monthly payments of $630.88 with $0 down payment, cost of borrowing is $141.03 with a total obligation of $15,141.03. Licence, insurance, taxes, down payment, and, where applicable, PPSA and other dealer charges are extra and may be required at time of purchase. Finance on approved credit for qualified customers only. Offer subject to change without notice. Visit your participating dealer for complete details.

Horoscopes

♈ Aries
March 21 - April 20
The more you do for friends and work colleagues today, the more they will do for you later on — and you will come out ahead of the game. Is that selfish? Maybe. But it's a higher kind of selfishness.

♉ Taurus
April 21 - May 21
Your task today is to focus all your attention and all your energy in a single direction. Don't let your concentration stray for even a moment. You can achieve something extraordinary, but you've got to be single-minded.

♊ Gemini
May 22 - June 21
Good things are going to happen over the next two or three days. Anything of a creative, romantic or artistic nature is under excellent stars at the moment. So, don't hold back. Give it all you've got.

♋ Cancer
June 22 - July 23
This is the ideal time to let partners and loved ones know how much you care for them. The Sun in the domestic area of your chart makes it easy for you to reveal your innermost thoughts and feelings.

♌ Leo
July 24 - Aug. 23
Get out into the world and have a good time. Meet as many interesting new people as you possibly can. Don't worry about your work. It will still be there waiting for you when you get back — if you get back!

♍ Virgo
Aug. 24 - Sept. 23
You want to buy yourself lots of pretty things, no matter how much they cost. But can you afford it? Don't spend up to your credit limit now and spend the rest of the year living on bread and water.

♎ Libra
Sept. 24 - Oct. 23
Make the most of the opportunities that come your way over the next few days. If you don't, you will hate yourself for being too slow and indecisive. Find the courage to take the kind of risks most people avoid.

♏ Scorpio
Oct. 24 - Nov. 22
You need to decide what is going to be your number one aim — and you need to get after it today and every day until you have reached your ultimate goal. What moves you? What inspires you?

♐ Sagittarius
Nov. 23 - Dec. 21
The more you work with those who share your aims and ideals, the more of a positive effect you will have on the world around you — and the more fun you will have.

♑ Capricorn
Dec. 22 - Jan. 20
You are about to be tested and challenged like never before. Do you have what it takes to confront your inner demons? Do you have the strength to battle them and overcome them? Of course you do.

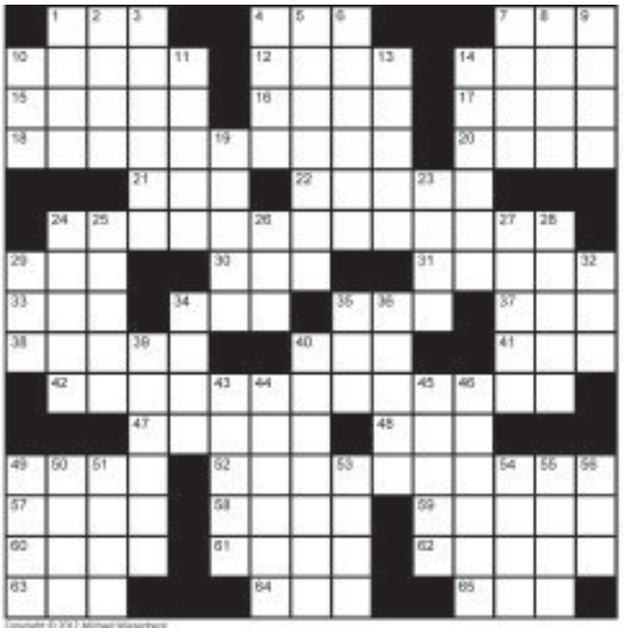
♒ Aquarius
Jan. 21 - Feb. 19
You have got to stand up for what you believe. Unless you are clear in your own mind what it is that's worth fighting for, you won't be able to persuade others to fight for it too. They need you to lead.

♓ Pisces
Feb. 20 - March 20
There seems to be a lot of deception and trickery going on at the moment, so it will pay you to be on your guard. Anyone who promises you the world for a small investment is either mad or bad — or both.

SALLY BROMPTON

A Range, a City, a Group, a Province

BY MICHAEL WIESENBERG



Across
1. Existed
4. Chicken ___ king (2 wds.)
7. By what means
10. African animal whose full name means "river horse"
12. Ship's spar
14. Mentally sound
15. Syrian president Bashar al-___
16. *Free Willy* star
17. French islands
18. They form the Alberta-BC border (2 wds.)
20. Exam
21. Wed. preceder
22. Playful caper
24. PEI city known as "The Birthplace of Confederation"
29. Corrida cheer
30. ___ Vegas
31. Comment made while fanning oneself (2 wds.)
33. Day's coolest temperature
34. "Shame on you!"
35. Parliamentarians, for short
37. 7th Greek letter (looks like an H)
38. "___ circumstances beyond our control ..." (2 wds.)
40. Alumna bio word
41. Small drink of liquor
42. Rock band from Kingston, Ontario, nine of whose albums have reached #1 in Canada; with "The" (2 wds.)
47. Native New Zealander
48. Duo
49. Country road
52. Maritime Province (2 wds)
57. Great poker start
58. Baker's frosting tool
59. Add ___ of salt: recipe direction (2 wds.)
60. Canadian Liberal, familiarly
61. Adorable
62. Farm storage buildings
63. Poivre tablemate
64. Ocean
65. Santa's helper

Down
1. Desire
2. Altar end of church
3. Aggressive ancient Greek city-state
4. Violently frenzied
5. Cowboy ropes
6. Climber's task
7. ___ and hearty: able-bodied
8. Single units
9. BC's Coast
10. Chapeau
11. Smell
13. Delicate discrimination
14. Funny TV series, for short
19. Jail units
23. Response to "Can that be true?" (2 wds.)
24. Influence, as in politics
25. Tree cutter
26. Acorn dropper
27. "___ Was Young": Animals hit (2 wds.)
28. What a dissatisfied diner may leave (2 wds.)
29. Stale
32. Open, as a keg
34. Greek garb
35. *Mad Max* actor Gibson
36. Animal skins
39. Least thrilling
40. Artless simplicity
43. Classical architecture style dating back to ancient Greece
44. Early spring bloomer
45. Workout spots for women, for short
46. Sweatshirt with a top
49. Brings up the rear
50. 4,047 square metres
51. Toronto-born rocker Young
53. Carpet measurement
54. Exaggerated, as a story
55. "That ___ no concern to you": "None of your business" (2 wds.)
56. Satisfied sounds

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9	3	5		4			8
		6	9	1	7			
	2		3					
		5				4	8	1
7	6	4				2		
					9		7	
			1	8	3	5		
6			7		2	1	4	

Yesterday's Sudoku

Weather

TODAY	THURSDAY	FRIDAY
MAX: 11° MIN: 10°	MAX: 11° MIN: 4°	MAX: 11° MIN: 3°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 6 AM

Search over 50,000 used cars, fast and free.

autocatch.com

SUBARU

Confidence in Motion

INTRODUCING THE ALL-NEW XV CROSSTREK

SUBARU XV CROSSTRECK

WELL EQUIPPED FROM $24,495

Whether you're driving in the city or cruising through the country, there's no need to compromise. Precisely our thinking when we engineered the totally new XV Crosstrek. Full SUV capabilities like symmetrical full-time All-Wheel Drive, 1,500 lb. towing capacity and generous ground clearance, with sporty handling and class-leading fuel efficiency.
while others said it couldn't be done, we took the challenge head on.

Visit subaru.ca or your nearest dealer for more information.

*MSRP of $24,495 on 2013 XV Crosstrek 2.0i Touring Package (DX1 TP). Taxes, licence, registration and insurance are extra. $0 security deposit. Dealers sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer or visit subaru.ca for complete program details. Japanese image shown. Canadian model may vary.

FRONTIER SUBARU

2537 PEMBINA HWY.
204-944-6604

$1,000 Accessory Credit on all New in Stock 2012 Inventory *see dealer for details

2009 Hyundai Santa Fe Ltd. AWD
Local one owner trade, Balance of warranty.
Stk # 12283
October Sale Price
$19,980

2009 Subaru Tribeca LTD AWD
This is the top end of the Subaru line up. Fully loaded with DVD player and more. Balance of factory warranty with only 54,000kms.
stk#91920
October Sale Price
$26,420

2011 Ford Escape Ltd AWD
Fully loaded with heated leather seats, low kms
Stk # 91810
October Sale Price
$21,880